



## Briefs . . .

### **Change of command**

The U.S. Army Garrison will have a change of command ceremony Aug. 8 at 8 a.m. at the Fort Sam Houston flagpole on Stanley Road. Col. Garry Atkins will transfer command to Col. Wendy Martinson.

### **Gate hours change**

The operating hours for two access control points will change to better serve the Fort Sam Houston community starting Monday. The Harry Wurzbach (West) Gate, which leads into Pershing Street, will be open Mondays through Fridays from 5:30 a.m. to 6 p.m., and closed weekends and holidays. The Wilson Gate, which leads into Cunningham and Broadway Streets, will be open Mondays through Fridays from 5:30 a.m. to 10 p.m., and Saturdays and Sundays from 8 a.m. to 10 p.m. Both gates are only for vehicles with decals.

### **Nominate supporters for salute**

Active duty and reservists can show their spouse and parents appreciation for their support through a Freedom Team Salute. Service members can nominate their supporters outside the Fort Sam Houston Post Exchange Friday, Saturday and Sunday. Reservists and National Guard members can also send a Freedom Team Salute to their employers, and veterans can register for their own salute. Nominations can also be made online at [freedomteamsalute.army.mil](http://freedomteamsalute.army.mil). For related article, see Page 3.

### **A/T travel requirements**

Military personnel and Department of Defense civilians traveling outside the United States, its territories and possessions are required to have a destination country update within two months of travel and antiterrorism awareness training (Level I) within 12 months of travel. This applies whether people are on leave, pass or temporary duty. The requirement can be found in Army Regulation 525-13. For more information, contact a unit antiterrorism adviser or the Fort Sam Houston Antiterrorism Office at 295-0535 or 295-0509.

### **Antiterrorism awareness**

Online antiterrorism awareness training (Level I) has moved to a new Web site at <https://atlevel1.dtic.mil/at>. Army Regulation 525-13 requires all military and Department of Defense civilians to complete antiterrorism awareness training annually. For more information, contact your unit antiterrorism adviser or the Fort Sam Houston Antiterrorism Office at 295-0505 or 295-0534.

### **School registration dates**

School officials have announced registration dates for the Fort Sam Houston Independent School District. For more information, see Page 24.

See **BRIEFS** on Page 4

## They're off ...



Photo by Esther Garcia

Soldiers from B Company, 187th Medical Battalion, begin the 5K 28-Soldier formation run Saturday at the 25th annual Combat Medic Run. See related article and photos on Pages 18 and 19.

# AMEDD launches class for bio warfare identification

By Elaine Wilson  
Fort Sam Houston Public Information Office

The Army Medical Department Center and School's newest multi-service course teaches its students the inner workings of a cutting-edge biological warfare identification device.

The first formal Joint Biological Agent Identification and Diagnostic System Course, taught at Brooks City-Base, started mid-July with 24 military and civilian students from military installations throughout the world.

The students' job titles range from microbiologists and medical laboratory technicians to preventive medicine and food inspection specialists. But while their uniforms and jobs may vary, all have something in common – JBAIDS.

JBAIDS is the latest weapon in the race to identify biological

warfare agents quickly and accurately. It used to take the military two to four days in a microbiology laboratory far from the detection site to identify a biological warfare agent. JBAIDS can do it near the site in about an hour.

"This is the first Department of Defense laboratory system for confirmation of biological threat agents in the field," said Jim Murray, JBAIDS course director.

JBAIDS is not just quick, it's accurate. The system's sensitivity, or ability to accurately identify specimens containing an agent, averages at least 85 percent per test, and its specificity, or accuracy in pinpointing the percentage of specimens without an agent, has averaged at least 90 percent, according to Maj. Harry Whitlock, AMEDDC&S combat developer.

See **BIO WARFARE** on Page 3

## Army assesses behavioral health of Soldiers in Iraq

By John D. Banusiewicz  
American Forces Press Service

WASHINGTON, D.C. – The Army has made significant inroads in improving the behavioral health of Soldiers deployed to Iraq, according to a report released last week.

Lt. Gen. (Dr.) Kevin C. Kiley, the Army's surgeon general, established an Operation Iraqi Freedom mental health advisory team in July to assess behavioral health of Soldiers in the Army's second wave of troops deployed to Iraq. A similar team — called MHAT-I for short — studied the Army's first Operation Iraqi Freedom deployment that kicked off in March 2003.

Besides taking "snapshots" of the behavioral health situation, the charter for both teams included recommending improvements, said Col. Virgil J. Patterson, chief of the Soldier and Family Support Branch at the Army Medical Department Center and School, Fort Sam Houston. Patterson headed both MHATs. The second team also followed up on the first team's report, he said.

"We had made a number of recommendations," he said, "and we went over to see how they'd implemented those recommendations."

MHAT-I found that 72 percent of Soldiers in the initial Iraq deployment reported "low" or "very low" unit morale, while only 54 percent of the Soldiers who

replaced them and were studied by MHAT II described their unit's morale that way. Patterson cited a wide range of factors that he believes contributed to the upswing.

"When we were there the first time, they were in transition from being a mobile fighting force ... and were starting to move into what we call "hard-stand," or forward operating, bases," he said. "The quality of life improved significantly over that year. Soldiers were getting much better meals and dining facilities, they were in air-conditioned tents, at least, if not air-conditioned buildings, (and) communication with home was much, much better."

See **BEHAVIORAL HEALTH** on Page 4

# Fort Sam Houston ‘National Night Out’ proclamation



## FORT SAM HOUSTON PROCLAMATION

WHEREAS, the National Association of Town Watch is sponsoring a unique, nationwide crime, drug and violence prevention program on Aug. 2, 2005 entitled “National Night Out”; and

WHEREAS, the “22nd Annual National Night Out” provides a unique opportunity for Fort Sam Houston to join forces with thousands of other communities across the country in promoting cooperative, police-community crime prevention efforts; and

WHEREAS, all residents of Fort Sam Houston housing areas play a vital role in assisting the police through joint crime, drug and violence prevention efforts on

Fort Sam Houston and is supporting “National Night Out 2005” locally; and

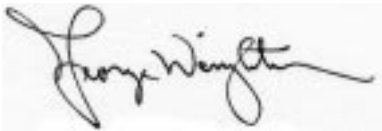
WHEREAS, it is essential that all families of Fort Sam Houston housing areas be aware of the importance of crime prevention programs and impact that their participation can have on reducing crime, drugs and violence on Fort Sam Houston; and

WHEREAS, police-community partnerships, neighborhood safety, awareness and cooperation are important themes of the “National Night Out” program;

NOW, THEREFORE I, Maj. Gen. George W. Weightman, do hereby call upon all families living on Fort Sam Houston to join the

police and NATW in supporting “22nd National Night Out” on Aug. 2, 2005.

FURTHER, LET IT BE RESOLVED THAT I, Maj. Gen. George W. Weightman, do hereby proclaim, Aug. 2, 2005 as “National Night Out” on Fort Sam Houston, Texas.



GEORGE W. WEIGHTMAN  
Major General, MC  
Commanding

## Fort Sam Houston News Leader

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# USARSO kicks off Brazil-based peacekeeping exercise

**BRASILIA, Brazil** — U.S. Army South launched Peacekeeping Operations South 2005 July 18 with more than 400 military members and civilians from 16 countries.

The annual event is considered the largest peacekeeping operations training exercise to date in Latin America. This year, the Army of Brazil hosted the event.

“This is an exceptional training event for everyone,” said Maj. Gen. John G. Gardner, USARSO commanding general, during the opening ceremony. “There is a wealth of talent and experience here for the exercise. We will take advantage of this talent and experience which will help to examine the complex military, political, social, cultural and economic challenges associated with the 21st century United Nations peacekeeping operations.”

The multinational exercise brought the UN together with other Latin American

and Caribbean nations to plan and execute a computer-simulated peacekeeping operation.

During the exercise, various multinational actions helped simulate a plethora of peacekeeping operation challenges. The peacekeeping operations scenario used realistic United Nations Security Council Resolutions (Mandates) applied to a fictitious country with opposing national and transnational factions.

The primary goals of these types of exercises are to share experiences and to review the challenges involved in peacekeeping operations as well as increase the readiness of those who may participate in future UN peacekeeping operations.

Twelve Latin American countries currently participate in 16 of the current 18 UN peacekeeping operations.

(Source: USARSO)



Courtesy photo

(From left) Maj. Gen. Manoel Morata, Peacekeeping Operations South 2005 exercise co-director; Maj. Gen. Americo Salvador, guest-speaker; Francis Okela, former United Nations ambassador; Maj. Gen. John D. Gardner, commander, U.S. Army South; and Brig. Gen. John Furlow, PKO-S exercise co-director, stand during the playing of the national anthems of Brazil and the United States.

## Freedom Team Salute honors veterans, Soldiers’ supporters

Freedom Team Salute is a unique Army program that provides a way for Soldiers to recognize their team of supporters back home, including spouses, parents and employers. As a special thanks to Army veterans for their service and sacrifice, the Army will send a Freedom Team Salute commendation package to U.S. Army veterans who register with the program.

Freedom Team Salute will be outside the Fort Sam Houston

Post Exchange Friday, Saturday and Sunday to accept nominations.

Active, Guard and Reserve Soldiers can also nominate their supporters online at the Freedom Team Salute Web site at <http://freedomteamsalute.army.mil>.

Active duty Soldiers can nominate their spouse and parents; Reserve and Guard Soldiers can nominate their spouse, parents and employers. Veterans can also register for the program online.

Recipients of a Freedom Team Salute will receive a commendation package which includes an Army lapel pin, an Army decal, a certificate and a letter signed by the Secretary of the Army and the Army Chief of Staff thanking them for their loyal support of the Army family.

The program is led by the G-1 Manpower and Reserve Affairs Office. A nationwide campaign has been launched to make Soldiers aware of the opportunity



to recognize their support team at home and to let veterans know the Army would like to thank them for their past service and continued support.

For more information, e-mail [freedomteamsalute@hqda.army.mil](mailto:freedomteamsalute@hqda.army.mil).

(Source: Freedom Team Salute press release)

## Bio warfare

Continued from Page 1

“With rapid identification of a threat, we can be armed with information to fight bioterrorism,” said Donna Boston, JBAIDS program manager. “The quicker we can identify an agent, the quicker a doctor can make an accurate diagnosis and commanders can start taking action.”

Since JBAIDS is a Department of Defense-run project, each military branch had a hand in its testing and adaptation of the civilian-based technology for military use. Training was one of the many tasks that fell to

the Army. The training role was a “natural addition to the AMEDDC&S,” Murray said.

“Officials looked at different ways to conduct training,” he said. “We needed a quality schoolhouse and the consensus was AMEDDC&S. Its reputation made it an obvious choice.”

The 10-day class is a crash course in JBAIDS technology, procedures and maintenance, and includes instruction in biological agents, laboratory procedures for testing threat agents, analysis of DNA and RNA for biological agents and the safe handling of biological agents.

“Some students have been exposed to this type of technology but many have not,” said Jim Murray. “It’s our job to bring everyone up to speed. We designed the training for the novice so it shouldn’t present an overwhelming challenge for anyone.”

After initial training, students are able to operate the system, which is small enough to slip into a rucksack, in a fixed or mobile laboratory facility that can travel downrange where the greatest threats exist.

Currently, however, there are only a handful of systems dispersed throughout the services for students to use. While operational testing has been overwhelmingly successful, the device is

still awaiting a green light from the Joint Program Executive Office for Chemical and Biological Defense before full-rate production can begin. If approved, JBAIDS will enter full-rate production in the next few months and the Department of Defense will distribute up to 450 systems throughout the services over the next three years, according to Boston.

Murray said he is hoping and planning for the best training possible.

“We’re already planning the course’s evolution,” he said.

Since only a limited number of devices are on hand, and the use is on an infrequent basis, former students’ skills can quickly degrade. Murray said course instructors are developing sustainment courses with the need for skill maintenance in mind.

“We’re planning to send out CDs with a variety of refresher topics to former students and are also developing a proficiency test program,” Murray said.

The proficiency test will require students to analyze a sample sent in the mail with a pre-approved proctor ensuring students accurately identify the “agent.”

“This will keep their skills



Photos by Jim Murray

Spc. Christopher Adams, 9th Area Medical Laboratory, prepares samples for a Joint Biological Agent Identification and Diagnostic System analyzer during training at Brooks City-Base.

sharp,” Murray said.

The course will further evolve as JBAIDS does the same. The device can currently identify up to 10 different biological warfare agents in a given sample, including smallpox, anthrax, plague and encephalitis. The next step for JBAIDS is the addition of toxin detection and, in a few years, the development of a handheld version. The course will mirror this growth.

“We’re already starting the acquisition process for a toxin identification system,” Murray said. “Once the system is fully developed, we’ll add training for analysis of toxins to our existing training course.”

The ultimate goal is to obtain Food and Drug Administration approval, something that will help launch JBAIDS into military fixed and deployable medical facilities as a diagnostic tool and into DoD veterinary food labs for testing of food and water supplies. Murray said the AMEDDC&S is prepared to train enough users to handle the future workload.

In the meantime, Murray said his focus remains on bringing future JBAIDS’ users up to speed.

“The technology has the potential to save countless lives,” he said. “Our job is to ensure the lab technicians have the skills they need to make that happen.”



First Lt. Christina Encina, Lackland Air Force Base, Texas, learns basic maintenance and repair of a Joint Biological Agent Identification and Diagnostic System analyzer.



## Briefs cont. . . .

### Housing updates

#### Landscape watering

Landscape watering is necessary for fire safety reasons; however, water conservation also remains a priority. Residents should not water their lawns from 10 a.m. to 8 p.m., and use a sprinkler, hand-held hose, soaker hose or a bucket not exceeding 5 gallons. Water waste or allowing water to run is prohibited at all times.

#### Recreational vehicles

Residents are prohibited from parking recreational vehicles, trailers, campers, boats and motor bikes in the post housing villages. Drivers should park these vehicles inside their garage or at the Morale, Welfare and Recreation RV storage lot on Garden Street. For more information, call the Outdoor Equipment Center at 221-5225 or 221-5224.

## Housing officials clarify rank distribution

Family housing is allocated according to rank categories. The Department of the Army determined distribution of the post’s 925 homes based on the 2002 Family Housing Market Analysis requirements and the current demand for housing.

The rank distribution on post will be adjusted to accommodate previously identified housing shortages. The change in the housing rank distribution at Fort Sam Houston will be as follows:

**General and flag officers** - No change

**Senior grade officers** - Twenty-three senior grade officers’ homes will be reassigned to field grade officers and company grade officers

**Field grade officers** - Homes will increase by 25

**Company grade officers** - Homes will increase by 13

**Senior NCOs** - Sixty-one senior NCO homes will be reassigned to company grade officers and junior NCOs

**Junior NCOs** - Homes will increase by 46

| RANK DISTRIBUTION |                               |                                     |   |
|-------------------|-------------------------------|-------------------------------------|---|
|                   | Current ranks in post housing | Remaining homes to be redistributed | Final rank distribution for on post housing |
| GFO               | 6                             | 0                                   | 6   |
| SGO               | 52                            | - 23                                | 29  |
| FGO               | 148                           | + 25                                | 173   |
| CGO               | 78                            | + 13                                | 91  |
| SNCO              | 237                           | - 61                                | 176   |
| JNCO              | 404                           | + 46                                | 450   |
| Total             | 925                           |                                     | 925   |

The end state of housing inventory will remain the same at 925 total homes. The chart above identifies end state rank distribution.

For more information, call Lincoln Military Housing at 226-5597 or the Residential Communities Initiative office at 221-0948/0891. (Source: RCI)

## Behavioral health

Continued from Page 1

Morale, Welfare And Recreation facilities with telephones and Internet access became available at the bases, along with gyms, libraries and other recreational facilities, Patterson noted. Such quality-of-life issues are very important to every Soldier, he said, especially for Soldiers in a ground war.

“When you go weeks, if not perhaps several months, without a hot shower and you now are suddenly in a place where you can get a hot shower on a regular basis, that is a big morale booster,” Patterson said. “Being in a facility where it’s not 130 or 140 degrees in your tent is a big morale booster. You get a good night’s sleep.”

The implementation of better training and a rotation policy under which second-deployment Soldiers knew they’d be in the theater for a year also helped improve morale, Patterson said.

The MHAT II report noted that the second deployment included more behavioral-health personnel than the initial deployment, a higher ratio of behavioral health professionals to Soldiers, and better distribution of those caregivers. This translated to 40 percent of second-deployment Soldiers with mental health problems reporting they received professional help, compared to only 29 percent in the first deployment.

Both deployments had high return-to-duty rates for Soldiers with behavioral health problems, the report said. Patterson explained that the Army’s behavioral health efforts focus on how to help the individual Soldier. Coming up with the right number of behavioral health people to be in the theater and how best to disperse them receives constant attention, he said.

“We significantly increased the number of providers in theater, even though the number of Army troops was less,” he said.

One result of MHAT I’s recommendations was better distribution of the Army’s behavioral health providers for the second deployment, Patterson said.

“The larger forward operating bases generally had the best quality of life because they have better infrastructure,” he explained, “and there was a desire on any Soldier’s part to go to a bigger operating base. But we wanted our people to get out to, if not be stationed at, the smaller operating bases. ... Our general guideline

was to look throughout the theater and ensure that every base was covered, either within commuting distance of a base that had a behavioral health provider or by a circuit-riding behavioral health provider.” That approach, called “proactive outreach,” was “much better in OIF 2 than in OIF 1,” he added.

With more behavioral health providers within easier reach of more Soldiers, some might expect that MHAT-II would have found higher numbers and percentages of Soldiers in the second deployment identified as having behavioral health problems than in the first. But that wasn’t the case.

“The heart and soul of our combat and operational stress-control program is to intervene in problems before they reach the point that someone would screen positive for them,” Patterson said. “So if we have success in our proactive outreach, we’re able to see Soldiers early on when they’re starting to have personal problems or family problems and work with that Soldier in how they handle it so that it doesn’t end up making them a problem that needs mental health services.

“Also, we know that the better the Soldiers are trained in stress management and trained in what the theater is going to be like,” he continued, “the better they are prepared to handle the stressors of the theater, and hence, the fewer problems they have.”

Patterson said that while fewer Soldiers screened positive for behavioral health problems in the second deployment than in the first, those in the second deployment were far more likely to get professional help. And 41 percent of second-deployment Soldiers said they had received adequate training in handling stress factors related to their deployment, compared to only 29 percent of initial-deployment Soldiers.

Suicides among Soldiers deployed in Iraq took a dramatic downturn from OIF 1 to OIF 2, Patterson pointed out. “For 2003, the rate came to 18.8 per 100,000

“I would never, ever underestimate the power of a good meal, a shower and a good night’s sleep.”

Col. Virgil Patterson  
chief of the Soldier and Family Support branch,  
Army Medical Department Center and School

Soldiers,” he said, “and in 2004, it had dropped to 10.5 per 100,000 Soldiers. And the Army’s historical rate over about 10 years is around 12 per 100,000 Soldiers.” While noting that the Army has “undertaken a significant number of programs to help Soldiers better handle the stress of being at war in Iraq,” Patterson said any number of factors could play a role in improving morale and the behavioral health picture.

“It’s very difficult to say any one thing contributed to that,” he said, “because the improved training, the improved stress management, the improved quality of life, the improved delivery of behavioral health care — all of those interplay at some level, and we just don’t know what’s the major factor there.”

But he does have a theory. “I would never, ever underestimate the power of a good meal, a shower and a good night’s sleep,” he said.

Despite the encouraging trends, Patterson said, “we still have a lot of work to do,” including standing up a unified training course for behavioral health personnel, and publishing a field manual that outlines procedures for in-theater behavioral health people. Another challenge is setting up good metrics for behavioral health that define what behavioral health people do and their measures of success.

“We recognize clearly that we’ve got to come up with a metrics system that gives us meaningful data,” he said. “We have some differing systems, and some of them are even home-grown, where they’re keeping certain metrics. That may help a unit be able to track what they’re doing, but it doesn’t help at a theater level unless all of the data points are compatible and consistent.”

Soldiers in both deployments expressed concern about a perceived stigma and organizational barriers to seeking mental health care, Patterson said — a problem, he said, which is not unique to the military. “The American culture has a problem, and Western civilization has a problem with stigma associated with mental

health care,” he said, “and we’re making an unbelievable effort to fight that, and it still is a problem.”

He noted that from OIF 1 to OIF 2, the MHATs found no significant change in Soldiers’ perception of stigma or barriers to care. The exception was that in areas where the availability of more behavioral health providers in OIF 2 made care more accessible, the perception of organizational barriers improved in OIF 2. In both rotations, he added, Soldiers who screened positive for mental health problems were roughly twice as likely to perceive barriers or stigma.

Patterson said the Army’s surgeon general is so concerned about the problem that he’s proposing a program to “reset the force.” Kiley’s vision is that starting at the brigade level and moving forward from there, eventually all Soldiers will have a mental health discussion, the theory being that if everyone has to do it, no stigma goes with it.

“We’ve recommended that leaders be trained at all levels — from squad leaders on up — and that all Soldiers are oriented,” Patterson said. “We’re working with leadership to try and establish a positive culture where you get Soldiers help when they first become aware of it — that there is ‘eye maintenance,’ that the leaders know their Soldiers well enough that they can perceive when a Soldier is troubled and help that Soldier get the right kind of help when they need it, rather than let the problem fester and become a major problem.”

Having headed both advisory teams, Patterson had a firsthand look at the Army’s behavioral health personnel in action in both OIF 1 and OIF 2. “We were thrilled with the progress that they had made,” he said. “We were very impressed with the enthusiasm and the dedication of the professionals there. They, almost to a person, took their job very seriously, were very conscientious, were very empathic to the plight of the Soldier, and also understood that the Army needed people to be able to do their job.

“We were very impressed with that whole process,” he continued. “It’s rewarding to make recommendations and then see the fruits of some of those recommendations.”

Kiley and Patterson were among officials who testified on military mental health services before the House Subcommittee on Military Personnel here Tuesday.

# New device counters terrorism, keeps troops alive

By Cheryl Boujnida  
Army News Service

**WASHINGTON, D.C.** – The Army has developed a new device to thwart terrorist activities while saving service members’ lives.

The improvised explosive devices countermeasure equipment, otherwise known as ICE, was developed by a team of engineers, scientists and Soldiers at White Sands Missile Range, N.M., to defeat IEDs, the most prominent threat to deployed service members in Iraq.

The ICE device, which is roughly the size of a bread box, uses commercial and military technology to defeat IEDs, said Maj. Raymond D. Pickering, who helped lead the ICE design team at White Sands during its development. Thousands of ICE systems are being used by all of the military services, and thousands of more are on order, Pickering said.

He said the design process involved thinking and acting like a terrorist – fast.

“In the old days, we fought wars by buying a tank and then the enemy would buy a tank and try to defeat ours – that whole process took years,” he said. “Nowadays, terrorists use mortar and artillery shells as weapons,” Pickering said, explaining that they combine those with commercial items to quickly design new hybrid systems.

With the combined efforts of engineers, scientists and Soldiers working at the Army Research Laboratory at White Sands Missile Range and New Mexico State University’s Physical Science Laboratory, ICE was conceptualized and fielded in less than six months.

“Normally, it takes years to develop a prototype, test, manufacture and field



Courtesy photo

Staff Sgt. Michael Keener inspects the installation of an improvised explosive devices countermeasure equipment unit in a U.S. Marine Corps Humvee.

it. The desire to get a product in the hands of our fighting forces immediately and prevent further casualties overcame the lengthy process,” Pickering said.

Shane Cunico, the lead ICE engineer at White Sands, said that every day there is a delay in the process means a service member may not come home.

“Approximately three service members are killed by an IED everyday,” he said. “We had to get the product into their hands as fast as we could because even one day means something.”

Cunico said the military’s old acquisition process is costly in terms of time and money (millions of dollars) and that a terrorist can wipe out all of the work done by engineers by switching to a new weapon.

“Countering terrorism is like a big

chess game where you make one move and they make another — it’s crucial that we stay one or two moves ahead of them,” he said.

For their engineering efforts, Cunico, Pickering and Sam Mares, lead engineer at New Mexico State University, recently received one of the Army’s Greatest Inventions Award for 2004, an annual competition to recognize excellence in achievement.

Richard Flores, White Sands manager for Survivability/Lethality Analysis Directorate and Army Research Laboratory, said the award and the impact of the device in terms of lives saved would not be possible without their sacrifice.

“They truly exemplified the Army spirit of working as a team,” Flores said.

Cunico stressed ICE is an important development because it is an adaptable

piece of equipment. “It’s not a static device – we can add to its capabilities. If the process is too time consuming, the military ends up with a big paperweight that costs a lot of money and can’t be adapted to the changing pace of terrorists.”

There are other IED countermeasure systems on the market that all serve a value, but ICE is different, he said.

“It’s unique in the fact that it’s a government design; it has programmability, can be fielded at a rapid pace and has an unlimited capacity in terms of manufacturing,” Cunico said. “Engineers can design almost anything, but it’s important to get the product to the Soldier to see how it’s tactically used because it affects design feasibility.

Cunico and Pickering both agree that Soldier input is crucial to engineering a useful product. “We have received a lot of positive feedback from the field and since then, we have developed 5,000 remote control cables that can be used from the front seat or passenger side of a Humvee to activate the device,” Cunico said.

In terms of maintenance, ICE can be repaired by Soldiers in theater at the unit level. Cunico tells of a Marine who did not want to part with the device.

“He brought his box in to be reprogrammed and the shop told him to come back the next day, but he told them he was willing to wait because he was not leaving without it,” Cunico said. “It’s heartening to know our efforts really mean something to folks out there.”

“We shifted our focus from missiles to a new emerging threat ... With ICE, this is how we think we can address the agile enemy, but the battle will continue,” Pickering said.

# New tourniquet aids deployed Soldiers

By Spc. Jeremy D. Crisp  
Army News Service

**CAMP VICTORY, Iraq** – The Army is now providing troops with a new tool designed to save life and limb.

The special operations forces tactical tourniquet, the Army’s newest medical device, is being issued to Soldiers serving in Iraq and Afghanistan.

Designed for one-handed application, the SOFTT allows a Soldier to apply a tourniquet himself, replacing the Army’s field-expedient method in which Soldiers used a bandage and a stick to stop blood flow from a wound.

The field-expedient method worked, “but the SOFTT is better,” said Sgt. 1st Class Michael C. Klemowski, serving with the Multi-National Force-Iraq personnel section.

“Having this issued to Soldiers will cut down on casualties because it is a time-saving device,” said Klemowski, a former drill sergeant. “The less time that is wasted, the better chance there is of saving someone’s life.”

The new tourniquet is suitable for hard-to-reach injuries. The SOFTT’s strap can be released completely through the web clamp and then re-threaded, allowing for application to trapped limbs.

Working on the same principles as all tourniquets, “(the SOFTT) is used

to stop the bleeding from an extremity and to prevent shock,” said Staff Sgt. Thomas J. Brennan, Multi-National Corps-Iraq surgeon cell NCO in charge.

The SOFTT has two latches used to secure the metal handle. While only one latch is required for the tourniquet to be effective, the extra latch provides extra securing ability, depending on the handle’s position after tightening.

To apply the tourniquet, the patient slides it over a limb and pulls the tail quickly. Once the slack is removed, the patient twists the handle until bleeding is controlled and secures the latch. Finally, to prevent accidental loosening, tighten the screw on the belt.

The SOFTT is used as a last resort to treat a wound, Brennan said.

“Try to stop the bleeding with a bandage,” Brennan said to a class of Soldiers learning how to use the new tourniquet. “After using a pressure dressing for five minutes, if the bleeding persists, use the tourniquet.”

Once the tourniquet has been applied, check the pulse on either the hand or foot with the injury.

“No pulse means the tourniquet is working,” Brennan said.

“The new tourniquet became available in Iraq and Afghanistan in January, and Soldiers can get the SOFTT at their unit’s supply section,” Brennan said.

# U.S. Military Academy looking for a few good liaisons

By Jennifer Dowling  
Army News Service

**WEST POINT, N.Y.** – The admissions office at the United States Military Academy is looking for a few good military academy liaison officers.

These officers help future cadets get through the admissions process and serve as mentors to them when they arrive.

“This is an opportunity to develop relationships,” said Lt. Col. Dean Chang, who is the current MALO for New Jersey. “If someone wants to give back to West Point, this is a good way to do it.”

According to Chang, only reserve officers hold the official position of a MALO, but added anyone is welcomed to volunteer and help with the recruitment process, especially those wanting to make a difference.

“Nurturing and steering these qualified candidates is a wonderful thing,” he said.

Maj. Shelly Jackson, the media officer for the admissions office at West Point, said there

are 231 MALOs and 1,436 volunteers.


Jackson said the MALOs are broken down by congressional districts and have to undergo training, which includes completing an online tutorial, shadowing a current liaison officer for approximately one year and attending the annual MALO conference at West Point.

“Liaison candidates also have the opportunity to learn more about the admissions procedures, sit in on cadet classes and meet with the leadership,” she added.

However, Chang said, the most rewarding aspect of the MALO experience is the relationships developed and the benefits given to the academy.

“If you’re still undecided about whether you want to help, think of this as your way to help us beat Navy,” Jackson said with a smile.

For more information on becoming a MALO or cadet recruitment volunteer, call Jackson at (800) 822-2769 ext. 5701, commercial (845) 938-5701, DSN 688-5701 or fax 845-938-8121.




### Emergency numbers

**Dial 911** when calling from a Fort Sam Houston or Camp Bullis telephone number prefix.

**Dial 554-4713** when calling from a cell phone or from anywhere on Fort Sam Houston other than the post telephone number prefixes.

On Camp Bullis, **dial 295-7517** from a cell phone or non-Camp Bullis prefix.

The fire prevention office has phone stickers for both numbers. Stop by Building 4196, Room A37 or call 221-5452.



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Soldiers and Department of Defense civilians may obtain a free credit report. For more information, call 221-1612.



Battalions celebrate AMEDD birthday

The 187th and 232nd Medical Battalions celebrated the Army Medical Department’s 230th birthday with the AMEDD Regiment during two cake-cutting ceremonies Friday. AMEDD was formed July 27, 1775, when the Continental Congress authorized a medical service for an Army of 20,000 men.



Courtesy photos

(From left) Pfc. Hegalado and Spc. Ramos, the youngest and oldest Soldier medics from A Company, 232nd Medical Battalion, cut an Army Medical Department birthday cake with help from Col. Bradley Freeman, 32nd Medical Brigade commander, during the 232nd Med. Bn.’s ceremony at the Slagel Dining Facility.



Col. Bradley Freeman, 32nd Medical Brigade commander, and Pvt. Holly Frantz, 187th Medical Battalion, cut the first slice of cake at the 187th Med. Bn.’s AMEDD birthday ceremony at the Rocco Dining Facility.

## Concert celebrates tradition, community ties



Photos by Phil Reidinger

Installation commander, Maj. Gen. George W. Weightman, introduces the Army Medical Command Band to local area civic leaders Sunday prior to the annual post commander's band concert at the staff post gazebo. Among local area community leaders attending were San Antonio Mayor Phil Hardberger and his wife, Linda; San Antonio Councilwoman Sheila McNeil (District 2); and civilian aide to the Secretary of the Army Luis Stumberg and his wife, Mary Pat. Post commanders attending included Fifth U.S. Army Commander Lt. Gen. Robert T. Clark with his wife Karen; Brooke Army Medical Center Commander Col. (P) James K. Gilman and his wife, Jeffri; and Assistant Surgeon General for Force Sustainment, Col. David Rubenstein, and his wife, Pat.



(Above) Chief Warrant Officer William Brazier directed his first post gazebo concert Sunday. Brazier is the new Army Medical Command bandleader.



(Left) Sgt. Michael Hale and Spc. James Smith, both recovering from injuries received in Iraq, joined Soldier and Family Assistance Center volunteers to enjoy the ice cream social and the band concert incorporating popular music and traditional military march music.

## Army Suggestion Program offers money-earning opportunities

By Shadi May  
Fort Sam Houston Public Information Office

The U.S. Army Suggestion Program offers Soldiers and civilians the opportunity to submit ideas that increase the efficiency and productivity of the Army. The Department of the Army employees who take part in the suggestion program can earn up to \$25,000 cash incentive or time-off awards for adopted ideas which save the U.S. government resources.

The purpose of the suggestion program is to improve work methods and resources which will benefit the Army. The more money the Army saves, the higher the amount the submitters can earn.

The suggestion must offer a solution to a

problem or situation while stating the benefit to the government. The idea can entail anything from reducing time to perform a task to improving hardware and software and improving safety and security.

“Usually the ideas that work are the ones which can realize a tangible savings — showing what the government can save in real dollars,” said Michael R. DeLaTorre, a management analyst at Army Medical Department Center and School’s Directorate of Combat and Doctrine Development, who in his 15-year civilservice career has submitted more than 100 suggestions, 10 of which have resulted in cash or time-off awards.

The submission process has improved since the idea program went online in

1994 where submitters can keep track of their suggestions any time.

“The online system is awesome compared to the old hard copy version, but it still has a lot of potential to be even better,” added DeLaTorre. “There is a computer tracking system, so it gives you a general idea as to where the suggestion package is in processing levels. It has made life a lot easier.”

To use the online system, the submitter must have an Army Knowledge Online account and password. Once logged in to the system at <https://army-suggestions.army.mil>, the user-friendly and secured system will allow the submitter to input all the information and submit. Shortly after submission, an e-mail will be sent to the submitter accompanied by a tracking number.

Once the suggestion is in the system, the installation suggestion program manager will be the point of contact should the submitter have any questions or have any problems within the process.

The program is a great way to encourage and reward individuals who save U.S. taxpayers money and resources. After several monetary and time-off awards, including \$750 for his latest suggestion, DeLaTorre encourages those who are contemplating ideas to “just go ahead and submit.”

“It’s nice for the government to recognize that you have good ideas,” said DeLaTorre. “Just look around and see what people are doing, and think of a better way to do it.”

For more information on the suggestion program, log onto the Web site or call the Fort Sam Houston Suggestion Program manager, Robert Ruiz, at 221-2960.



**Post Pulse:** If you had to learn a foreign language, what would it be and why?



*“I would learn Spanish since I live in South Texas, and I run across more Hispanics.”*  
**Marine Cpl. Scott Purcell**



*“Arabic is the language I would want to learn so I could interrogate the prisoners to help stop future terrorism acts and save American lives.”*  
**Marine Sgt. Jeremy Barnett**



*“Spanish would be the language to learn because it’s the routine second language around here. If it’s not English; it’s Spanish.”*  
**Marine Cpl. Jonathan Reading**



*“It would be Persian because the Army taught me Persian more than 10 years ago, and I really want to go to Iran to use it, but I can’t right now.”*  
**Capt. Nathaniel Garza**

# Army program for high-demand linguists produces results

By Terri Lukach  
American Forces Press Service

**WASHINGTON, D.C.** — An Army military occupational specialty, 09L, is an effective weapon in the nation’s arsenal in the global war on terror, Army officials said.

The L stands for linguist, and the program is designed to find and recruit native speakers of various high-demand languages and dialects for service in the U.S. Army. As of April, 77 new recruits were trained and mobilized. All serve in the U.S. Central Command theater of operations — a requirement they are made aware of upfront — and the results have been just what commanders hoped.

“We are really pleased with how this program has been going,” said Naomi Verdugo, a recruiting and retention official with the Office of the Assistant Secretary of the Army for Manpower and Reserve Affairs. “We are getting some amazing feedback from the field that these Soldiers have served in very high-level situations, and that makes me very proud.”

Program Director Lt. Col. Frank Demith said he hopes to recruit 250 Soldiers for the new occupational specialty in 2005. “The ultimate objective is to reach a steady state of 700,” he said. “It will take us a few years to get there.”

The 09L program began in February 2003 when the assistant

secretary of defense for reserve affairs was tasked with recruiting native speakers to assist U.S. forces in Iraq and Afghanistan with interpretations, translations, cultural familiarity and an understanding of the nuances of body language. The three languages most needed were Dari and Pashto, the two most prevalent languages spoken in Afghanistan, and Arabic.

Individuals in this program are recruited directly into the Individual Ready Reserve for a period of eight years, officials said. Within the IRR, they can be mobilized for various tours and assignments. “The flexibility aspect makes the IRR the ideal place for the 09Ls during this pilot phase of the pro-

gram,” an Army spokeswoman said.

Officials noted recruits do not need to be U.S. citizens, but they must have a “green card,” which gives immigrants official lawful permanent residency status in the United States. Once in the military, they are eligible for expedited U.S. citizenship.

“Bringing native speakers into the Individual Ready Reserve was a new initiative for us, and one that was very much needed,” Demith said. “We started to recruit the first speakers in August 2003 and have been very successful in finding native speakers of all dialects of Arabic, Dari and (Pashto).”

“These are people who speak languages that we very much

need, and we are very pleased with how the program has gone so far. Plus, they also provide us with cultural knowledge that sometimes American speakers of those languages don’t have,” he said.

“When you meet these people, you are so impressed because they are coming in for reasons of patriotism,” Verdugo said.

“Many were abused by Saddam Hussein. We have one Kurdish soldier who was gassed by Saddam, and some have lost family members at the hands of tyrants overseas. So they have a very patriotic motivation for coming into the Army. They are grateful for this country and want to pay back,” she said.

# ESGR brings reservists, employers together

By Shadi May  
Fort Sam Houston Public Information Office

As the Global War on Terrorism continues, the role of civilian employers of military members serving in the National Guard and Reserves has become more indispensable to support the national defense.

The Employer Support of the Guard and Reserve, an agency within the Office of the Assistant Secretary of Defense for Reserve Affairs, was established to promote cooperation and understanding between reserve component members and their civilian employers.

Founded in 1972, ESGR has been assisting members of National Guard and Reserves of all branches and their employers in the resolution of conflicts arising from military commitments. ESGR provides free education, consultation, and if necessary, mediation for employers of Guard and reserves employees. Its goal is to support America’s employers who share their employees with the nation to ensure our national security.

“Problems could range from issues as simple as being able to take time off work to attend military training to facing unemployment as a result of a long deployment obligation,” said retired air guardsman Gary Walston, newly appointed program specialist for the ESGR in Texas. “For us to have a viable Guard and Reserve force, we have to have viable employer support.”

There are 4,500 volunteer executives,

senior government representatives, educators and military personnel who serve on 55 ESGR committees across the nation. With help from its national headquarters resources in Arlington, Va., the volunteers conduct employer support programs, including ombudsmen services, Briefings with the Boss, employee recognition programs and Bosslifts. ESGR ombudsmen are trained volunteers who provide information, counseling and informal mediation of issues relating to compliance with the Uniformed Services Employment and Reemployment Rights Act to resolve employer conflicts.

“The Army is our biggest ombudsmen customer right now with so many Army Guard and Army reservists deployed to Iraq and Afghanistan,” said Walston. “Many of our Army troops are being redeployed back to Texas, so it is important to have a solid support system in Texas. We resolve about 90 percent of issues given to ombudsmen in Texas, and only 2 percent are handed to the Department of Labor for resolution.

“We couldn’t do without them,” said John McKinny, director for the veteran employment training service at the Department of Labor office in Austin, Texas. “They intercede with many employers that we don’t ever come in contact with because there are more of the ESGR volunteers than DoL employees. They are able to talk and mediate with more employers.”

The ESGR has 32 trained ombudsmen in Texas alone, while the DoL has five

employees dedicated in veterans’ employment affairs in the state.

“We encourage both the military and employers go through ESGR first because at that level, it is to the advantage of both parties,” said McKinny. “Once you get the Department of Labor involved, it becomes a formal process and to some maybe less ‘friendly.’ We are the investigators for the law — not for anyone else.”

With recent deployments, service members find themselves, upon return, in challenging employment situations as every company has to replace its reservists gone for a year or more.

“These situations have been reduced as a result of our efforts,” said Walston. “Our goal in ESGR is to reduce the number of those leaving the military because of employer problems. If we can cut down that number by even 1 percent, it will save the Army millions of dollars in retention efforts.”

While ombudsmen services are among ESGR’s popular benefits, the agency uses its employer outreach programs such as Briefing with the Boss and Bosslifts to improve and maintain ties with employers.

Briefings with the Boss provides an informal forum in which local employers, unit commanders, ESGR members and community leaders meet to network and discuss issues that may arise from employee participation in the National Guard and Reserve.

The ESGR offers a variety of recognition programs to employers, from Patriot Award and Pro Patria Award to Freedom

Awards, the agency’s most prestigious awards, which are presented annually to an employer by the Secretary of Defense.

“We give these awards to those employers who will go above and beyond the requirements of the law such as supplemental pay and family support programs,” said Walston. “This year, the Freedom Awards will go to USAA for its outstanding support of its military employees.”

The awards program is not the only incentive ESGR offers the employers. Bosslift offers them firsthand look at what their employees do while on military duty. It transports employers and supervisors to military facilities, usually selected based on their National Guard and Reserve mission, where they observe their employees in action and get a scope of what they are doing to support the nation’s defense.

“The program and its free services are here for both employers and military employees,” added Walston. “We are here for both our customers. I encourage the employers to call us and learn about our services and training in human resources programs. I also ask that the reservists and Guard members check out our Web site.”

Each local committee offers a monthly or quarterly meeting which is coordinated by a local representative. Walston is available Mondays and Fridays at Fort Sam Houston at 221-5391 or Tuesdays, Wednesdays and Thursdays at Camp Mabry in Austin, Texas, at (512) 782-5829. For more information on ESGR, visit [www.esgr.mil](http://www.esgr.mil).



# VA launches 75th anniversary celebration

By Donna Miles  
American Forces Press Service

WASHINGTON, D.C. – Vice President Richard B. Cheney joined Secretary of Veterans Affairs R. James Nicholson here July 21 to kick off a yearlong celebration of the VA Department’s 75th anniversary.

Cheney honored the veterans in the audience, from 103-year-old World War I veteran Lloyd Brown to veterans of combat operations in Afghanistan and Iraq during a ceremony at Daughters of the American Revolution Constitution Hall.

All, the vice president said, “have shaped the life of this nation for the better” through their service and sacrifice. In doing so, he said, they “have given every generation of Americans a lesson in the values of personal responsibility, morale strength and unselfish courage.”

Every military veteran, whether drafted or enlisted, commissioned or not, and regardless of their service or whether they served in combat, shares common experiences and a common bond, Cheney said. “Each took an oath (and) lived by a code and stood ready to fight and to die for their country,” he said.

They “have left a legacy like no other fighting force ever assembled,” the vice president said, bringing “relief and deliverance” to those who have struggled and suffered and lived under oppression around the world.

Today, in the war on terror, Americans are once again “fighting...to defend ourselves against the most merciless enemies and to advance the cause of freedom and democracy,” he said.

Nicholson, a Vietnam veteran himself, called America’s veterans “liberty’s champions and tyranny’s worst nightmare” who he said “have brought honor to our country.”

Those contributions have not been without cost, the secretary acknowledged, with some veterans giving their lives and others receiving “terrible injuries” serving their country.

And just as they stood up for their country, their country and the VA will continue to stand by them, Nicholson promised.

The secretary vowed that the VA, created 75 years ago today by President Herbert Hoover, will continue to live up to what Nicholson called its “noble mission: to honor our veterans’ noble sacrifices and to dignify the cause they

served by serving them.”

For the past 75 years, the VA has provided health services and benefits to American veterans, living up to the promise made by President Abraham Lincoln during his second inaugural speech: “To care for him who has borne the battle, and for his widow and his orphan.”

On July 21, 1930, Hoover signed an order that consolidated various veterans programs into one organization to more effectively fulfill Lincoln’s promise.

America’s support for its veterans, however, actually dates back much earlier, Nicholson said.

The Pilgrims passed a law stating that members of Plymouth Colony would provide support for Soldiers disabled during the war with the Pequot Indians. The continental Congress of 1776 encouraged enlistments and tried to curtail desertions during the Revolutionary War by providing pensions to disabled Soldiers. But the bill was left to the states, so only about 3,000 Revolutionary War veterans ever drew any pension. The first U.S. Congress assumed the burden of paying veterans benefits after ratification of the U.S. Constitution in 1789.

Over its history, the United States has created the world’s most comprehensive system of assistance for veterans-providing world-class health care, educational opportunities, persons and disability compensation, home loan guarantees, life insurance and more.

No other country in the world approaches the United States in supporting its military veterans, Nicholson told the audience today. “Not one.”

Today, some 237,000 VA professionals provide health care to more than 5 million veterans through 157 hospitals and more than 850 community-based clinics. Fifty-five VA regional offices distribute pensions and disability compensation to more than 3.4 million veterans. In addition, 120 national cemeteries provide a dignified, permanent final resting place for those who wore the uniform of the U.S. armed services.

“Today, we celebrate 75 years of serving (American veterans) and reaffirm our commitment to them in the decades to come,” Nicholson said.

The anniversary celebration will continue through the year with events throughout the country.

## Why wear seatbelts?

- People who are thrown from cars are 25 times more likely to be killed than if they had been held securely in their seats.
  - The majority of all car accidents occur within 25 miles of home.
  - Eighty percent of all serious injuries and fatalities occur in cars going 40 mph or slower.
  - In a crash, unrestrained occupants of a car keep moving during the time the car takes to stop. They are still moving forward at their original speed when they slam into the steering wheel, windshield or other parts of the car.
  - Seatbelts are 57 percent effective in preventing traumatic and fatal brain injuries.
  - According to the National Highway and Traffic Safety Administration, over the last 10 years, safety belts have prevented some 55,600 deaths, 1,300,000 injuries and saved more than \$105 billion in costs.
- (Source: Fort Sam Houston Safety Office)





# Running safety

People are prohibited from running on Stanley Road, Dickman Road, Artillery Post Road, Wilson Road, Scott Road, North New Braunfels Road, Harry Wurzbach Road, Schofield Road, Roger Brooke and Binz Engleman. However, runners may run on sidewalks or on the grass on these roads.

A few running safety tips include:

- If walking or running during hours of darkness, carry a flashlight to shine on the sidewalk in front of you.
- Wear light or reflective clothing, stay out of the roadway and be alert to traffic.
- Carry your own identification: name, address, a friend or relative's telephone number. Make sure your friends or relatives know your favorite running routes.
- Run in familiar areas.
- Avoid unpopulated areas, deserted streets and overgrown trails.

- Don't wear headphones.
- Run against traffic and keep the approaching automobiles in view.
- Wear reflective material if you must run during the hours of darkness.

Soldiers running in a formation or individually during limited visibility, to include hours of darkness, will wear reflective vests or belts (worn diagonally from right shoulder to left hip) as part of the PT uniform. Commanders are responsible for ensuring that running formations have adequate visibility while conducting PT formations on Fort Sam Houston.

For more information and the safety-training calendar, go to the ISO Web site [www.cs.amedd.army.mil/iso](http://www.cs.amedd.army.mil/iso) <<http://www.cs.amedd.army.mil/iso>> and look under regulations. For assistance, call Guadalupe Gomez at 221-3866 or e-mail [Guadalupe.Gomez@CEN.AME DD.ARMY.MIL](mailto:Guadalupe.Gomez@CEN.AME DD.ARMY.MIL).

# SPORTS



## Sword play

Gary Vanderwege, a U.S. Paralympic fencing coach, in conjunction with Blaze Sports of America, teaches fencing techniques to Spcs. Chad Johnson and Andrew Soule, amputee Soldiers undergoing physical therapy at Brooke Army Medical Center. Vanderwege conducts a fencing class every Friday in the BAMC Amputee Physical Therapy Clinic.

Photo by Andricka Hammonds

## SPORTS BRIEFS . . .

### Fall intramurals

Letters of intent are due for flag football and softball by Monday. Coaches and rules meetings will be Aug. 4 and 5 at 1 p.m. at the Jimmy Brought Fitness Center. Season will start Aug. 15. For more information, call Earl Young at 221-1180 or e-mail [earl.young@samhouston.army.mil](mailto:earl.young@samhouston.army.mil).

### Flag football

Coaches and players are needed for the post flag football team. Tryouts for players are Aug. 22 to 26 at 6 p.m. at Leadership Field. Coaches should send resumes by Aug. 15 to Earl Young, 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, TX, 78234. For more information, call 221-1180 or e-mail [earl.young@samhouston.army.mil](mailto:earl.young@samhouston.army.mil).

### Men's and women's basketball

Coaches and players are needed for the Fort Sam Houston men's and women's basketball teams. Tryouts for players are Sept. 6 to 9. Coaches should send their resumes by Aug. 29 to Earl Young, 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, TX, 78234. For more information, call 221-1180 or e-mail [earl.young@samhouston.army.mil](mailto:earl.young@samhouston.army.mil).



The 2005 National Night Out has been scheduled for Tuesday. Fort Sam Houston will once again be participating in NNO. The goal is to have all housing areas hosting at least one NNO party. The Fort Sam Houston Police cordially invites the community to be a part of the '2005 NNO' team.

NNO is designed to heighten crime prevention awareness; generate support and participation in local anti-crime programs; strengthen neighborhood spirit and police-community relations; and send a message to criminals letting them know that neighborhoods are organized and fighting back.

Along with the traditional display of outdoor lights, Fort Sam Houston neighborhoods can celebrate NNO with a variety of events and activities such as block parties, cookouts, potluck dinners, visits from local police and fire officials, and participate in contests and games. Each neighborhood is encouraged to participate in NNO and does not have to be in a Neighborhood Watch Program to participate. NNO has proven to be an effective, inexpensive and enjoyable program to promote neighborhood spirit and police-community partnerships in the fight for a safer installation. Plus, the benefits the community will derive from NNO will most certainly extend well beyond the one night.

Party hosts will receive a commemorative T-shirt and other gifts (supplies are limited). There will be a special gift for first five confirmed parties. For more information, call Linda Furlow, crime prevention, at 221-9686 or e-mail [linda.furlow@samhouston.army.mil](mailto:linda.furlow@samhouston.army.mil)

Name and rank: \_\_\_\_\_

Fort Sam Houston address: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone number: \_\_\_\_\_

Location of party: \_\_\_\_\_

Start time: \_\_\_\_\_ End time: \_\_\_\_\_

List any special activities (moon bounce, dunking booth, DJ, ice cream social, BBQ, potluck etc.): \_\_\_\_\_

Special request (limited availability): Police, McGruff, bike patrol, provost marshal, fire department, Sparky the fire dog; K9, garrison commander and sergeant major, installation commander and chief of staff etc.): \_\_\_\_\_

Complete and return to the Fort Sam Houston Military Police, ATTN: Crime Prevention, 2404 New Braunfels Avenue, Building 2250, Fort Sam Houston, Texas 78234, or fax 221-9173.

Contact the crime prevention section if you must withdraw from any activities.



# Soldier receives national Cadet Command honor

Story and photo by Elaine Wilson  
Fort Sam Houston Public Information Office

A Soldier from Fort Sam Houston is the recipient of a national award for his dedication to future Army nurses.

Capt. Cory Ramsey, deputy director of the 91WM6 (Practical Nurse) Course, Phase 1, Academy of Health Science, is the U.S. Army Cadet Command's Brigade Nurse Counselor of the Year.

Ramsey earned the award for his work last year with the 12th Brigade Headquarters Western Region (ROTC) at Fort Sam Houston. As the brigade nurse counselor, Ramsey oversaw nurse cadets and recruiters at 20 universities in Texas, Oklahoma and New Mexico.

"I helped recruit college students into senior ROTC programs, ensured they had the support they needed and transitioned people onto active duty as Army nurse corps officers," Ramsey said.

Through his efforts, Ramsey became the top recruiter for ROTC nurses in Cadet Command, a "direct result of the hard work and enthusiasm he exuded to prospective nurse cadets," said Maj. Douglas McVey, 12th Brigade Headquarters executive officer.

Ramsey also managed ROTC scholarship dollars and mentored future Army nurses.

"I traveled to my schools every semester to meet with each nurse cadet in the program," Ramsey said. "I wanted to make sure their questions and concerns were addressed."

Despite a hectic travel schedule, Ramsey still managed to find time for a

few side jobs. He served as officer in charge of medical operations for Warrior Forge at Fort Lewis, Wash., and was the Green to Gold program spokesman for the Cadet Command. While successfully juggling a heavy workload, he also managed to earn his master's degree in hospital administration, knowledge he hopes to put to good use in the future.

"I would like to work in hospital management at some point," said Ramsey, already a registered nurse.

Ramsey's personal and professional drive gave him the edge to beat out the 14 other nurse counselors from throughout the country who competed for the award.

"The award, while written specifically for what he did over the academic year, actually recognized his cumulative efforts for what he did throughout his two years with the 12th Brigade," said McVey. "His professionalism and outgoing personality made him a perfect fit for Cadet Command."

Ramsey walked away with a prestigious honor as well as a Meritorious Service Medal for his efforts.

"I've never won anything at the national level, and I was very excited about it," he said. "It's an honor to be nominated but to win takes it to another level."

Ramsey said he is approaching the challenges of his new job at the practical nurse course with the same zest he brought to his former.

"Phase I is a challenging eight-week course," Ramsey said. "Our nurses are deploying quickly so we have to do a thorough job."



(From left) Marilyn Jackson, 12th Brigade Headquarters Western Region (ROTC) administrative assistant, Capt. Fred Silva, 12th Brigade operations officer, ask former co-worker Capt. Cory Ramsey, deputy director of the Army Medical Department Center and School's Practical Nurse Course phase I, for his advice about a prospective nurse cadet. Ramsey is the U.S. Army Cadet Command's Brigade Nurse Counselor of the Year.

Ramsey is currently assisting with an early identification program to pick out the nursing students who need extra tutoring or mentoring. The challenging year-long course, which progresses from Ramsey's phase to a Phase II in clinics and hospitals, produces 400 to 600 licensed practical nurses per year.

Ramsey said he'll continue to work hard for the Army Nurse Corps, not for

potential awards, but because of an inner drive.

"I'm not happy when I'm bored," he said. "I'm one of those types of people who have to keep busy, so I look for new challenges all the time."

Lt. Col. Kimberly Armstrong, deputy chief, Department of Nursing Sciences, presented the award to Ramsey at a ceremony Wednesday.

# Southwest Region IMA names top Soldier, NCO of the Year

The 10 best U.S. Army Garrison Soldiers from installations within the Southwest Region Installation Management Agency came to Fort Sam Houston July 13 and 14, but only two went home with titles.

The SWR IMA 2005 Soldier of the Year is Spc. Serena Michelle Hayden from Fort Sill, Okla., and the NCO of the Year is Staff Sgt. Travis J. Nottingham from White Sands Missile Range, N.M.

The Soldiers arrived at Fort Sam Houston July 13 to embark on two days of special events to include the Army physical fitness test, a written exam and an oral board.

During the awards ceremony July 14, Kathleen Y. Curd, chief of staff, SWR IMA, congratulated the competitors and said, “When each of you return to your garrison, do so with pride that you did the very best you could, holding your head high, for you are the very best of what an American Soldier represents.”

In addition to Hayden and Nottingham, the 2005 Soldier of the Year competitors included Spc. William Thomas, Fort Irwin, Calif.; Spc. Rebecca D. Gulley, White Sands Missile Range; and Pfc. Christy Elmore, Fort Hood, Texas. The top NCOs included Sgt. Rosalba Chavez, Fort Irwin; Sgt. Susie N. Gaines, Fort Sill; Sgt. Juan Santibanez, Fort Sam Houston;



Kathleen Curd, Southwest Region Installation Management Agency chief of staff, presents Spc. Serena Michelle Hayden with an SWR IMA 2005 Soldier of the Year trophy. Staff Sgt. Travis J. Nottingham (left) is the SWR IMA 2005 NCO of the Year.

Sgt. Justin Crotts, Fort Bliss, Texas; and Sgt. Eric Rodrigues, Fort Hood.

“These Soldiers represent the best of an outstanding group of Army professionals, and to me, they are all winners,” said SWR IMA Command Sergeant Major Kenneth C. Fyffe.

The winners will continue on to compete at the next level against their peers from other IMA regions. Winners of the Headquarters IMA challenge will then compete at the National Capitol Region level and then at the Department of the Army level.

The winners each received an Army Commendation Medal, a trophy, \$1,800 in savings bonds and gift cards from local merchants.

(Source: SWRO IMA)

## TROOP SALUTE

### 232nd Medical Battalion



**Soldier of the Week**  
**Name:** Pvt. Nicolas Rogers  
**MOS:** 91W, health care specialist  
**Hometown:** Deltona, Fla.  
**Reason for enlisting:** To save lives and serve my country  
**Most valuable lesson learned:** Associate with those who will help you excel and challenge yourself  
**What do you like about Fort Sam Houston:** The historical importance and background of the area; close proximity to things to do



**Junior Leader of the Week**  
**Name:** Pvt. Courtney Gardiner  
**MOS:** 91W, health care specialist  
**Hometown:** Cambridge, Ohio  
**Reason for enlisting:** As a civilian, I worked in the medical world. I always wanted to be in the Army, so I combined the two.  
**Most valuable lesson learned:** My biggest failures are my greatest successes only if I learn from them.  
**What do you like about Fort Sam Houston:** I am close to my family since they are from the area, so having them close helps me focus and reminds me why I am here.



## Spotlight your unit

The Public Information Office welcomes articles, photos or story idea submissions for the Fort Sam Houston News Leader.

To submit a story or idea or for more information, call 221-0615, e-mail [news.leader@samhouston.army.mil](mailto:news.leader@samhouston.army.mil) or stop by the office in Building 124 (second floor).

## Ethics Training

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston Garrison units are July 29 and Aug. 31 at 9 a.m. in Blesse Auditorium, Building 2841. The training takes about one hour. The Secretary of the Army requires every Soldier and civil service employee to attend ethics training annually. The staff judge advocate and officials from the AMEDDC&S and post will present the training and maintain sign-in rosters for commanders and supervisors to verify attendance of their employees. People can access the sign-in rosters by opening the Adobe Acrobat Reader and the SJA ethics roster folder on the G drive. For more information, call Gerald Krimbill, Shelby Tanner or Capt. Brian Underdahl at 221-2373 or 221-0485.



# Get some Zs

## Sleep deprivation can endanger Soldiers’ lives

By Maj. Justin Curry  
U.S. Army Center for Health Promotion and Preventive Medicine

**ABERDEEN PROVING GROUND, Md.** – Like food, water, and air — sleep is a necessity. When we don’t get enough sleep, our performance suffers and we put ourselves and our fellow Soldiers at risk.

To make matters worse, the effects of sleep deprivation sneak up on us. In other words, when we don’t have enough sleep, our ability to judge the impact that sleep deprivation is having on our abilities and performance decreases. Sleep deprivations may lead to:

- falling asleep at the wheel and causing a vehicle roll-over
- administering the wrong medicine or the wrong dose
- failing to recognize a threat or reacting too slowly to it
- transposing digits while entering coordinates into a fire-control system

More generally, a sleep-deprived Soldier may make bad tactical decisions. The bottom line is sleep deprivation can get Soldiers killed.

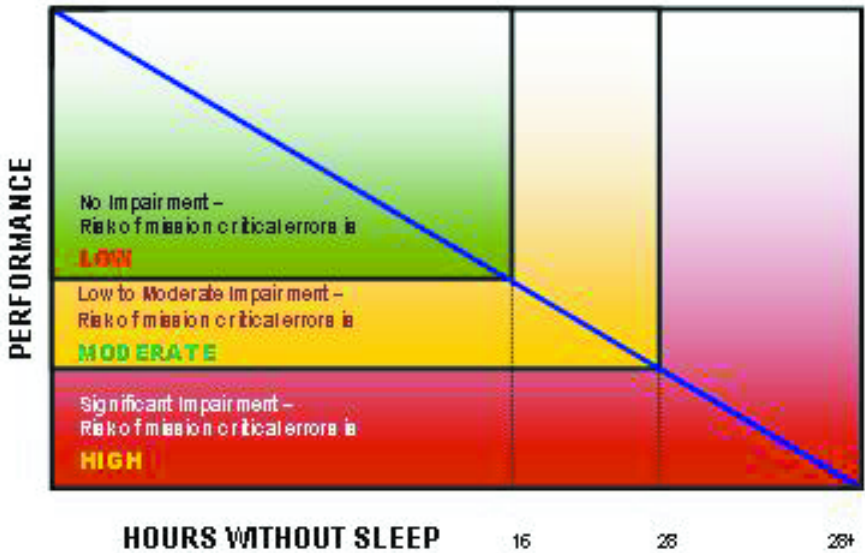
The longer we go without sleep, the poorer our performance on any number of tasks. In general, we can sustain normal performance without noticeable impairment for about 16 hours after waking up. After 16 hours without sleep, we begin to see a noticeable decrease in our performance. By the time we have been awake for

24 hours, our reaction time is worse than if we were legally intoxicated. After 28 hours without sleep, our performance becomes significantly impaired with the likelihood of critical errors rising to an unacceptable level.

To sustain performance over the long haul, people need at least six and preferably seven to eight hours of sleep out of every 24. Less sleep than this and Soldier performance will degrade over time. Getting four to six hours of sleep every 24 hours will keep Soldiers in the Amber zone (where the risk for mission-critical errors is increased but still at acceptable levels) for periods of up to several weeks. Getting less than four hours of sleep will keep Soldiers in the Red Zone (where the risk for mission-critical errors is unacceptably high). Sleep doesn’t have to be continuous — while it is preferable to give Soldiers uninterrupted sleep time, several shorter sleep periods that add up to six to eight hours will likely be adequate.

### Tips for sleep management

- Tips for Soldiers**
- Don’t sleep in areas where there is regular activity;
  - When sleeping, minimize exposure to noise and light - wear ear plugs and use blackout shades;
  - Avoid over-the-counter “sleep aids” as they cause grogginess but not actual sleep; and



- Sleep whenever you can – even a little sleep is better than none, and several “cat-naps” can add up quickly.
- Tips for leaders**
- Develop a unit sleep management program that gives Soldiers at least six and preferably seven to eight hours to sleep out of every 24;
  - Soldiers trying to sleep during the day require longer (or more frequent) opportunities to sleep to compensate for the body’s normal reaction to sleep cycle disruption;
  - Never put your Soldiers in a position where they must choose between sleep

- and something else they would enjoy; and
  - Arrange sleep schedules that give Soldiers opportunities to sleep at a consistent time.
- Remember...**
- Your performance begins to suffer as soon as you start losing sleep.
  - If you are struggling to stay awake, then your ability to function is already impaired.
- If sleep loss can’t be avoided...**
- Use caffeine – drink the equivalent of two cups of coffee (~200 mg of caffeine) every two to four hours. This will help maintain performance even in the face of moderate sleep loss.



# COMBAT MEDIC 5K



Soldiers from D Company, 232nd Medical Battalion, show off their first-place trophy for the 5K 28-Soldier formation run. The 232nd Med. Bn. had a strong showing at the event, with the Bravo Bulldogs placing second in the same competition.



Story and photos by Esther Garcia  
Fort Sam Houston Public Affairs Office

More than 1,300 runners and walkers from Fort Sam Houston and surrounding communities participated in the 25th annual Combat Medic Run Saturday at the MacArthur Parade Field.

Events included a 10K individual run, 10K five-Soldier guidon team, 5K individual run, 5K 28-Soldier formation run and a 2-mile fitness walk.

Trophies were awarded for first, second and third place in the male and female categories for various age groups. The oldest runners were more than 70 years old.

“I enjoyed the walk,” said Deborah Tovar, a 2-mile walk participant. “It was relaxing and cool.”

The Akeroyd Blood Mobile was on site for attendees.

“We collected nine units today,” said Sgt. Rick Lumzy, operations NCO for the blood drive. “We wanted to be here for those who wanted to donate. It is more convenient to bring the service right to them.”

Cathy Austin, Remax Realtor, DeVry University’s Keller Graduate School of Management, Army and Air Force Exchange Service, Whole Foods Market, Balfour Military Sales and Coca-Cola were sponsors for the run. Balfour Military Sales awarded Combat Medic rings as grand prizes to Scott Barrows and Christine Iverson, the top overall male and female winners of the 10K run.

For a complete list of Combat Medic results, including winners and run times, go to <http://www.iaapweb.com>.



(Above) A child enjoys the ride as his mother completes the 5K individual run.



The Combat Medic Run attracts families with children.



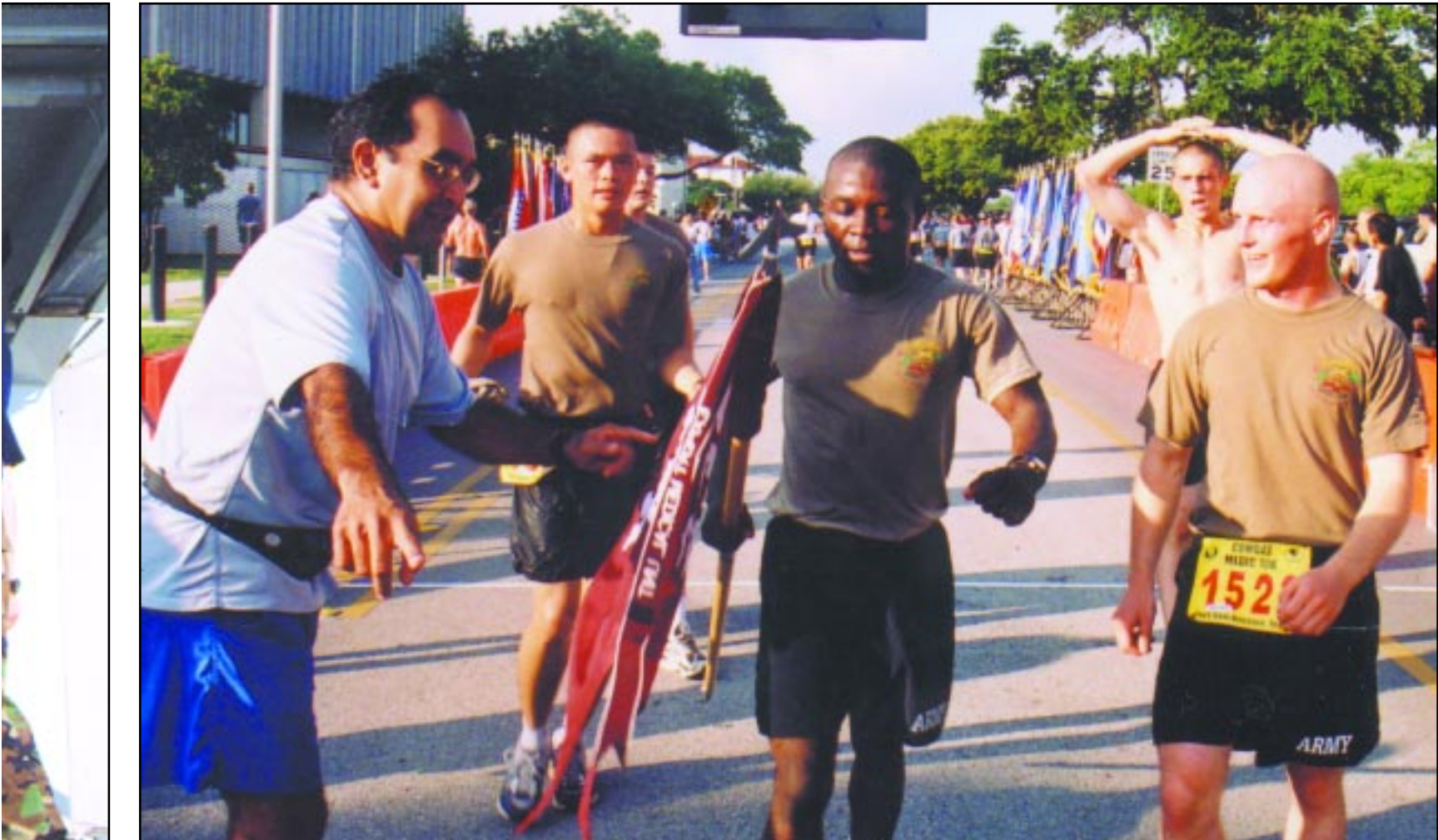
(Right) The 25th annual Combat Medic Run at Fort Sam Houston Saturday attracted more than 1,300 runners and walkers from the civilian and military communities. Participants competed in a 10K individual run, 10K five-Soldier guidon team, 5K individual run, 5K 28-Soldier formation run and a 2-mile fitness walk.



# /10K RUN/WALK



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Soldiers from the Alpha Gators, 232nd Medical Battalion, cross the finish line and win first place for the 10K five-Soldier formation run. The runners were Sgt. Azap Sylvester, Pfc. Long Tran, Pvt. Andrew Bendall, Pfc. Justin Crain and Pfc. Will Phillips.



includes a 2-mile walk, which is a favorite among fam-



Maj. Gen. George Weightman, installation commander, crosses the finish line and places first in the 5K run for his age category.





CHILD AND YOUTH SERVICES

Youth Happenings

Summer camp registration

The middle school and teen summer camp registration is ongoing for sixth through 10th graders at the Youth Center Monday through Friday from 10 a.m. to 8 p.m. There are a variety of camps to include sports camp, culinary arts and computer camp. Camp runs from 6 a.m. to 5 p.m. followed by open recreation at the YC. The cost ranges from \$65 to \$80 per week. Camp price includes breakfast, lunch, snack and activities during the week. Some camps have limited spaces. For more information, call the Youth Center at 221-3502.

Football registration

Football registration is ongoing at the Youth Center through Monday from 10 a.m. to 8 p.m. for youth ages 7 to 12. The cost is \$65 for the first child and \$60 for the second child. Conditioning will begin Monday at 5:30 p.m. Flag football for youth ages 5 to 6 is also ongoing. The cost for flag football is \$45. All youth must be registered with Child and Youth Services, and a birth certificate and proof of a physical are required to play. For more information, call 221-3502 or 221-5513.

Cheer registration

Cheer registration for the football season is ongoing at the Youth Center Monday through Friday from 10 a.m. to 8 p.m. for youth ages 5 to 12. The cost for cheerleading is \$65 for the first child and \$60 for the second. All youth must be

registered with Child and Youth Services, and a birth certificate and proof of a physical are required to play. Space is limited. For more information, call 221-3502 or 221-5513.

Saturday open recreation

The Youth Center sponsors an open recreation Saturdays for first through 12th graders: first to fifth graders meet from 3 to 8 p.m., sixth to eighth graders meet from 3 to 10 p.m. and ninth to 12th graders meet 3 to 11 p.m. Activities include computer lab, arts and crafts, basketball, pool, pingpong and movies. Youth must be registered with Child and Youth Services to attend. For more information, call 221-3502.

Cooking classes

The Youth Center offers cooking classes every Friday from 5 to 6 p.m. This Friday, youth will make pastry with summer berry filling.

Splash Pad party

Youth Services will sponsor a middle school and teen party at the Splash Pad Friday from 7 to 9 p.m. with music, food and fun. The Youth Center will close during this time. For more information, call 221-3502 or 221-5513.

Cyber bowling

YS will be taking middle school students and teenagers cyber bowling Saturday from 7 to 9 p.m. The cost is \$5, and there must be a minimum of 10 participants to go. For more information, call 221-3502 or 221-5513.

National Kids Day

Youth Services and the Provost Marshal Office will host National Kids Day and National Night Out Tuesday from 6 to 8 p.m. at the Youth Center gym with carnival games for youth, school information for parents and community information for everyone. Hotdogs and snow cones will be on sale for 25 cents.

IMPACT recreation

The IMPACT Recreation Group will sponsor a basketball recreation program Saturdays from 11 a.m. to noon at School Age Services, Building 1705, for families with special needs youth registered with Child and Youth Services. Parents with special needs youth must stay and participate. For more information, call Robin at 497-6310.

AHFSH Soccer League registration

Soccer registration will be Aug. 20 from 10 a.m. to 3 p.m. and Aug. 24 from 6 to 8 p.m. at the Youth Center, Building 1630. The cost will be \$50 for military youth. All youth must be registered with Child and Youth Services and must have proof of a physical. For more information, call 221-5513 or 221-3502.

Parent News

PCI enrollment opportunity

The Parent Child Incorporated Child Development Center is currently taking applications for enrollment. This is a free child care program. Eligibility is based on federal guidelines. For more information, call 221-3788.

FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3820 or 221-3828.

CDC preschool program

The Child Development Center is conducting a survey for interest in the fall 2005 part day preschool program. Part day options would be three- and five-day preschool from 9 a.m. to 2 p.m. and would run through the school year. Lunch would be provided. To put your child's name on the preschool list, call Central Registration at 221-4871 or 221-1723.

PAC meeting

The next Child and Youth Services Parent Advisory Council meeting will be Aug. 16 from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston. Lunch will be provided. This is CYS parents' opportunity to learn about upcoming events, meet staff and address concerns.

Check wait list

Patrons on the full-time day care wait list at the Child Development Center should check their status on the wait list to avoid losing status. To check status, call Central Registration at 221-4871 or 221-1723.



# RELIGIOUS HAPPENINGS . . .

## Praise band musicians needed

The Fort Sam Houston chapels are starting a new contemporary Protestant worship service. Volunteer Christian musicians are needed, to include drummers, electric guitarists (lead), keyboard players, bass guitarists and other instrumentalists and vocalists. If interested in attending a jam session for the praise band, call Michelle Taylor at 829-1670 or e-mail michelle.h.taylor@us.army.mil.

## OCF Bible study

The Officers’ Christian Fellowship will study Colossians. The group will meet Friday for dinner at 6 p.m. followed by Bible study at 7 p.m.; and Aug. 19 and 26 at 6 p.m. at 1008 Gorgas Circle (near the old Brooke Army Medical Center). For more information, call Lt. Col. Bob Griffith at 226-1295 or e-mail rgriffith3@satx.rr.com.

## Chaplain Corps anniversary celebration

The Fort Sam Houston community is invited to the Fort Sam Houston Unit Ministry Team Chaplain Corps Anniversary worship-luncheon Friday at Dodd Field Chapel. The Chaplain Corps’ former chief, retired Maj. Gen. Gaylord Gunhus, will speak at the 11 a.m. service and also at the complimentary luncheon following the service. For luncheon reservations, e-mail Chaplain (Lt. Col.) James Benson at james.benson@samhouston.army.mil. The community is also invited to the Fort Sam Houston congregation-wide picnic at Salado Creek Friday at 5 p.m. The Texas-style barbecue is free and will include a petting zoo and a live band. No reservations are needed.

## Gospel concert

Bill Gaither, the Grammy Award-winning gospel artist, will launch his 10th anniversary homecoming tour this fall. He will be at the SBC Center Sept. 17. For more information, call (888) 217-0301 or visit www.gaithernet.com.

# INTERFAITH CALENDAR . . .

**Monday - Lughnassad (Lammas) \*** - Wicca/Neo Pagan observance of the first harvest of the year; involves agricultural festivals and prosperity magic.

**Aug. 6 - Transfiguration of the Lord** - Orthodox Christian commemoration of the experience on Mount Tabor when Jesus’ physical appearance became brilliant as his connection with traditional Jewish holy figures became evident to the disciples.

**Aug. 13 - Obon \*\*** - Shinto - Japanese Buddhist festival to honor the dead; involves lighting of bonfires, traditional meal, paper lanterns and folk dances.

**Aug. 14 - Tisha B’av \*** - Jewish day of fasting in remembrance of the destruction of the temple in 586 b.c.e. and 70 c.e.

**Aug. 15 - Assumption of Blessed Virgin Mary** - Roman Catholic Christian observance commemorating the belief that the Virgin Mary was assumed body and soul into heaven at the end of her earthly life.

**Aug. 15 - Dormition (falling asleep) of the Theotokos** - Orthodox Christian observance of the death, burial, resurrection and transfer of the Virgin Mary to heaven.

\* Usually begins at sundown the day before this date.  
\*\* Local customs may vary on this date.

## POST WORSHIP SCHEDULE

|  |   |
|--|---|
| <b>Main Post Chapel</b> , Building 2200, 221-2754  | <b>Protestant Services:</b><br>10 a.m. - Worship Service - Sundays<br>Noon - Worship - Wednesdays   |
| <b>Catholic Services:</b><br>4:45 to 5:15 p.m. - Confessions - Saturdays<br>5:30 p.m. - Mass - Saturdays<br>9:30 a.m. - Mass - Sundays<br>11:30 a.m. - Mass - weekdays<br><b>Protestant Services</b> - Sundays:<br>8 a.m. - Traditional Protestant<br>11 a.m. - Traditional Protestant<br><b>Jewish Services:</b> 379-8666 or 493-6660<br>Fridays: 8 p.m. - Worship and 8:30 p.m. - Oneg Shabbat | <b>AMEDD Regimental Chapel</b> , Building 1398, 221-4362<br><b>Troop Catholic Mass:</b> Sundays:<br>10 a.m. - 32nd Med. Bde. Soldiers<br><b>Troop Protestant Gospel Services:</b> Sundays: 11 a.m. - 32nd Med. Bde. Soldiers<br><b>Troop Protestant Service:</b> Sundays: 9 a.m. - 32nd Med. Bde. Soldiers<br><b>Samoan Protestant Service:</b> Sundays: 12:30 p.m. |
| <b>Dodd Field Chapel</b> , Building 1721, 221-5010 or 221-5432<br><b>Catholic Services</b> - Sundays:<br>12:30 p.m. - Mass<br><b>Protestant Services:</b><br>10:30 a.m. - Collective Gospel Protestant - Sundays<br>9:30 to 11:30 a.m. - Women’s Bible Study (PWOC) - Wednesdays, child care is provided.  | <b>FSH Mosque</b> , Building 607A, 221-5005 or 221-5007<br>10:30 a.m. - Children’s Religious Education - Sundays<br>1:30 p.m. - Jumma - Fridays<br>7:30 p.m. - Adult Religious Education - Thursdays  |
| <b>Brooke Army Medical Center Chapel</b> , Building 3600, 916-1105<br><b>Catholic Services:</b><br>8:30 a.m. - Mass - Sundays<br>11 a.m. - Mass - Sundays<br>11 a.m. - Mass - weekdays   | <b>Evans Auditorium</b> , 221-5005 or 221-5007<br><b>Mormon Services:</b> 9:30 to 11:30 a.m. - Sundays<br><br><b>Web site:</b><br><b>www.samhouston.army.mil/chaplain</b>   |

# MWR

## Recreation and Fitness

### Military Idol

The Fort Sam Houston Military Idol competition will begin Wednesday and will continue through Sept. 21. Performers have until Friday to apply. Eligible contestants must be on active duty. This includes members of all branches of service assigned to the installation. The competitions will be held at the Hacienda Recreation Center. Installation-level prizes include \$500 and temporary duty costs covered for the first-place winner to compete in the Army-wide finals. The first-place winner’s unit will also receive \$500. The second-place performer will receive \$250, and the third-place performer will receive \$100. For more information, call 224-7250.

### MWR garage sale

The next Morale, Welfare and Recreation garage sale will be Aug. 6 from 7 a.m. to 1 p.m. at the MacArthur Pavilion parking lot, corner of Harry Wurzbach and Stanley Roads. Sellers must have a valid Department of Defense ID card. There is no cost; however, participants must pre-register by calling 221-2926. Participants must bring their own tables, or may rent one at the Outdoor Equipment Center by calling 221-5224.

### Back-to-school bash

This family event will be Aug. 13 from 10 a.m. to 4 p.m. at the Bowling Center and adjacent field. Activities include play bounces, carnival games, 10K volksmarch, bike rodeo, pony rides, car smash, cyber bowl, colored pin bowling and raffle prizes. For more information, call 221-2926.

### Health and wellness fair

Stop by the free health and wellness fair Aug. 17 from 10 a.m. to 2 p.m. at the Jimmy Brought Fitness Center. Event highlights include cholesterol screening, diabetes screening, information about proper weight training, nutrition information and more. Free food and raffles will be available for those who attend. People who wish to have a cholesterol screening should fast 12 hours before the screening. The event is open to the general public. For more information, call 221-2020.

### Bench press contest

The next bench press contest will be Aug. 17 at the Jimmy Brought Fitness Center. Weigh-in is from 4:30 to 5:30 p.m., and the start time is 6 p.m. Register now for this competitive event promoting injury-free weight training. The cost is \$20. For more information, call 221-2020.

### Archery lessons

The Outdoor Equipment Center offers individual and group archery lessons. Instruction is given at the

level of experience. Children are welcome, but must be accompanied by an adult if under the age of 18. Participants should wear full-covered shoes and not wear over-sized shirts or pants. For more information, call the Archery Shop at 221-5225.

### Aquatic Center

The Aquatic Center is open daily from noon to 8 p.m. The center has a 50-meter Olympic size swimming pool, three amusement park-style water slides, a kiddie pool and locker rooms with showers. For more information, call the Aquatic Center at 221-4887.

### Camp Bullis catfish pond

The catfish pond at Camp Bullis is open Saturdays and Sundays from 4 to 8 p.m. The pond is pay-as-you-go. Catfish are \$1.75 per pound, live weight. Catch and release is not authorized. A fishing license is not required, and there is no daily fee. For more information, call 295-7577.

### AC service

Beat the heat with air conditioning service at the Auto Craft Shop. All AC services are \$30 plus the cost of Freon and a \$2 environmental fee. Visit the Morale, Welfare and Recreation Web site at [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com) for a \$5 off coupon. For more information, call 221-3962.

### MWR car wash

Stop by the Fort Sam

Houston Morale, Welfare and Recreation Auto Craft Shop in Building 2410, on the corner of Funston and Schofield Roads, to use one of the two car wash bays. The center also features an automobile vacuum. The hours of operation are Wednesday through Friday from 1 to 9 p.m., and Saturday and Sunday from 9 a.m. to 5 p.m. For more information, call 221-3962.

## Dining and Entertainment

### Sam Houston Club, 224-2721 Sunday Brunch

The next Sunday brunch will be Aug. 7 from 10 a.m. to 1:30 p.m. The cost will be \$11.95 for members, \$13.95 for nonmembers, \$6.95 for children 7 to 11 and free for children 6 and under. Adults’ meals includes complimentary champagne.

### Bingo

Come play bingo every Thursday and Friday; doors open at 5 p.m. and Saturday the doors open at 11 a.m. Youth 10 and older may play when accompanied by an adult. There is a free buffet for all bingo players.

### Lunch buffet

The Sam Houston Club features an “All You Can Eat” lunch buffet which includes beverage, deluxe salad bar, soup and dessert Monday through Friday from 11 a.m. to 1 p.m.

### Bowling Center, 221-3683

#### Unlimited bowling

There will be unlimited bowling every Friday from 5 to 10 p.m. for \$5.95.

#### Family bowling day

Every Sunday, adults and children 12 and up pay \$1.75 per game (children under 12 bowl free). Shoe rental is \$1.

#### Soldier appreciation

Soldier appreciation day is Saturdays from noon to 6:45 p.m. The center offers free shoe rental and medium soda with purchase of game.

#### Cyber bowl

Cyber bowl is Saturdays from 7 to 9 p.m. The cost is \$10 per person 12 and up and \$5 per person under 12.

### Golf Club, 221-4388

#### Junior clinic

Instruction on putting, chipping, etiquette, safety, irons, driver, fairway and woods is available at the Golf Club.

#### Golf lessons

Private customized and personalized instruction are offered at the golf course.

### MWR Ticket Office

The ticket office has discount tickets available for various events. Through August, ticket office hours are Tuesdays through Fridays 10 a.m. to 5 p.m., Saturdays 10 a.m. to 2 p.m. and closed Sundays and Mondays. For more information, call 226-1663 or visit [www.fort-samhoustonmwr.com](http://www.fort-samhoustonmwr.com).



SCHOOL NEWS

Fort Sam Houston ISD sets school registration dates

**Fort Sam Houston Elementary**

Fort Sam Houston Elementary School will offer registration for new students today and Friday from 8:30 to 11 a.m. and from 1 to 3:30 p.m. in the school cafeteria.

Parents should bring a certificate of immunization, a copy of the birth certificate, Social Security card for the student, report card from previous school and other school records from previous school.

Children must be 4 years old on or before Sept. 1 to enroll in pre-kindergarten, 5 years old on or before Sept. 1 to enroll in kindergarten and 6 years old on or before Sept. 1 to enroll in first grade.

The criteria and items required for enrollment in the school's pre-kindergarten (4-year-old classes) include:

- Unable to speak and comprehend the English language as measured on an English proficiency test and/or
- From a family whose income is at or below subsistence. The district will apply the same formula used to qualify students for free or reduced price lunches under the national school lunch program.
- A copy of the latest leave and earnings statement and a copy of the spouse's latest pay voucher, if applicable.

Students may meet their teachers for the new school year Aug. 12 from 3 to 4 p.m. The elementary school will host an open house Aug. 18 and 23 at 6 p.m.

For more information, call the elementary school at 368-8800.

**Robert G. Cole Jr./Sr. High School**

Robert G. Cole Jr./Sr. High School will register new students for seventh through 12th grades on the following dates:

- Aug. 4 - Seventh and 10th grade
- Aug. 5 - Eighth and 11th grade
- Aug. 8 - Ninth and 12th grade

To better serve parents and students, registration will be conducted by a counselor on an appointment basis. People can make appointment beginning Tuesday by calling Jane Morin at 368-8734; appointments will be scheduled every 30 minutes.

Parents are requested to bring the following materials to their student's appointment in order to complete the registration process: immunization records, student's Social Security card, last report card and school records from the last school attended.

The application for admission and enrollment forms are official government records. It is a crime to provide false information or records. School officials may ask parents or another adult enrolling a student to provide evidence that they are residents of the school district.

Students who attended Robert G. Cole Jr./Sr. High School in the 2004-2005 school year need not register, unless the student was withdrawn at the end of May or parents had not been assigned quarters as of Aug. 15, 2005. Students who were enrolled at the elementary (sixth grade only) during the 2004-2005 school year have been pre-registered.



Photo by Elaine Wilson

Isabel Perez helps her sons, 8-year-old Matthew (left) and 12-year-old John, shop for school supplies at the Fort Sam Houston Post Exchange Wednesday. The first day of school for the Fort Sam Houston Independent School District is Aug. 15.

Orientation for seventh and eighth grade students and new high school students will be Aug. 11 at 6:30 p.m. New high school students will meet in the Cole cafeteria, and seventh and eighth graders will meet in the Moseley gym. The school will host an open house for parents of ninth to 12th grade students Aug. 25 at 6:30 p.m. at the Moseley gym.

To help students prepare for the first day

of school Aug. 15, Cole Jr./Sr. High School will hold its first “Cougar Round-up” Aug. 12, when students will be able to obtain copies of their schedules, required textbooks and textbook covers, and locker assignments. The time schedule for attending the “Cougar Round-up” will be provided in the next week’s issue of the News Leader.

For more information, call the high school at 368-8730.

School officials release student dress code requirements

Fort Sam Houston Independent School District officials encourage students and parents to familiarize themselves with the dress code requirements for the coming school year. The purpose of a dress code is to teach students proper grooming and hygiene, prevent disruption and avoid safety hazards.

Because fads in dress and grooming are subject to sudden and sometimes radical change, campus administrators reserve the right to rule on dress and grooming in matters that involve decency, cleanliness, safety, bizarre, disruptive or extreme modes of dress. Any exceptions will require administrative approval and will be for a specific purpose or reason. While students and parents may determine a student's personal dress and grooming standards, they must comply with the district's dress code requirements.

**General Guidelines**

- Wear clean, neat clothing that is not a health or safety hazard;
- Belts must be worn if pants, skirts and skorts, have belt loops (applies to students in grades fifth through 12th grades only);
- Skirts, shorts, skorts and dresses must extend beyond the fingertips when the student is standing;
- Shorts and pants must be worn at waist height;
- Safe, appropriate shoes must be worn;
- Hair must be neat and clean; and

- Shoulder straps on clothing must be worn on the shoulder.

**Prohibited Items**

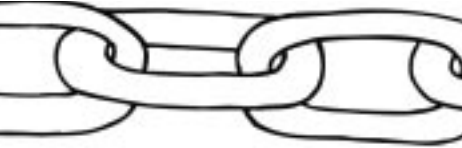
- Any pictures, emblems or writings on clothing that are gang-related, lewd, offensive, vulgar, violent or obscene;
- Any pictures, emblems or writings that advertise or depict tobacco products, alcoholic beverages, drugs or any other substance prohibited under policy FNCF;
- Any clothing or grooming that may reasonably be expected to cause disruption of or interference with normal school operations;
- Unconventionally colored, multi-colored or spiked hair;
- Body piercing jewelry except for rings, studs or other traditional jewelry worn in the ear;
- Gym shorts, biker shorts or basketball shorts;
- Warm-up suits, sweat pants, velour warm-up suits and wind pants, except during physical education classes (applies to students in grades fifth through 12 grades only);
- Body stockings without a top and shorts, covering the body stocking;
- Baggy clothing more than one size larger than student's normal size;
- Saggy pants or shorts;
- Pants or shorts held up by drawstrings or elastic (applies to students in grades fifth through 12th grades only);
- Extremely tight, short, unclean, torn, tattered or revealing clothing;

- Cutoffs and unhemmed, frayed shorts;
- Apparel exposing the bare midriff, front, back or side, whether hip or underarm;
- Halter tops, fish net tops, crop tops, see-through blouses, tank tops, or tops with spaghetti straps or camisoles;
- Bare feet;
- Unsafe or inappropriate shoes, including house shoes, shower shoes, steel-toed boots or shoes;
- Pajamas;
- Hats, pajama hats, caps, “do-rags” or bandanas with the exception of Junior ROTC or those that meet the medical needs of students;
- Hair curlers; and
- Excessive, visible tattoos.

Students who choose to violate the dress and grooming code will be sent to an administrator for clarification or disciplinary action. The principal, in cooperation with the sponsor, coach or other person in charge of an extracurricular activity, may regulate the dress and grooming of students who participate in that activity. Parents will be called and asked to bring a change of clothes so that the student will be in compliance with the dress code.

A basic rule to remember is that student dress and grooming should not be suggestive, indecent or bizarre or unusual to the point that it will detract from the classroom learning environment. The wearing of gang-related attire or exhibiting gang graffiti is prohibited.

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| <div><div>Mark your school calendar</div><div><div><b>Aug. 4, 8:30 to 11 a.m. and 1 to 3 p.m.</b></div><div>Registration for new seventh and 10th graders attending Cole Jr./Sr. High School will be conducted by appointment. Call 368-8734 for an appointment.</div></div><div><div><b>Aug. 5, 8:30 to 11 a.m. and 1 to 3 p.m.</b></div><div>Registration for new eighth and 11th graders attending Cole Jr./Sr. High School will be conducted by appoint-</div></div></div> | <div>ment. Call 368-8734 for an appointment.</div> <div><div><b>Aug. 8, 8:30 to 11 a.m. and 1 to 3 p.m.</b></div><div>Registration for new ninth and 12th graders attending Cole Jr./Sr. High School will be conducted by appointment. Call 368-8734 for an appointment.</div></div> <div><div><b>Aug. 11, 6:30 p.m.</b></div><div>Orientation for Cole Jr./Sr. High School seventh and eighth graders and their parents will be held in the</div></div> | <div>Moseley gym. Also, orientation for new students to Cole in grades ninth through 12th will be held in the Cole cafeteria.</div> <div><div><b>Aug. 12</b></div><div>Fort Sam Houston Elementary students attend “Meet Your Teacher” and visit classrooms from 3 to 4 p.m. Cole Jr./Sr. High School will hold its first “Cougar Round-up” from 8:30 a.m. to 3:30 p.m. in the cafeteria. Assigned time sessions for each grade level will be in next week’s News Leader.</div></div> | <div><div><b>Aug. 15, 8 a.m.</b></div><div>First day of school</div></div> <div><div><b>Aug. 18, 6 p.m.</b></div><div>Fort Sam Houston Elementary School open house</div></div> <div><div><b>Aug. 23, 6 p.m.</b></div><div>Fort Sam Houston Elementary School open house</div></div> <div><div><b>Aug. 25, 6:30 p.m.</b></div><div>Robert G. Cole High School (grades nine to 12) open house</div></div> |
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# COMMUNITY LINK



## Happenings

### *Jewish center theater presentation*

The Barshop Jewish Community Center of San Antonio will present “Once on this Island” Saturday, Sunday, Monday and Aug. 6. The show is a twist on the traditional “Little Mermaid” tale, and tells the story of Ti Moune, a poor peasant girl who falls in love with Daniel, an upper class boy whose life she saves after a car crash. Admission is \$9, and a reservation is required. For more information, call 302-6828.

### *Commissary carnival*

The Fort Sam Houston Commissary will have a carnival from 9 a.m. to 4 p.m. Friday and Saturday. There will be free popcorn, sno cones, bounce house and balloons.

### *BAMC computer sale*

FSM Leasing offers employees and contractors the opportunity to purchase one or more of the IBM computers currently used at Brooke Army Medical Center for \$249 per machine plus \$19.92 Texas sales tax. PCs without monitor can also be purchased for \$199 plus Texas sales tax. Forms of payment are cash, money order, certified checks, credit cards or personal checks. For more information, call Roy Hayes at 916-3577 or Herb Jones at 916-3132.

### *Cub Scout Pack 23*

Cub Scouting is a year-round family program designed for boys who are in the first through fifth grade. CS Pack 23 is currently recruiting new scouts and adult volunteers. For more information, call Cindy Mathis at 826-1730 or e-mail cubscouts23@sbcglobal.net.

### *Palo Alto College scholarships*

The Conjunto Music Program at Palo Alto College will offer scholarships, which range from \$500 to \$1,000 per semester, to musicians who successfully pass an audition, enroll at PAC and join the program’s performing ensemble. Interested musicians should be proficient as a vocalist or in one or more of the following instruments: button accordion, bajo sexton, bass or drums. Proficiency in other instruments such as the guitar, saxophone, keyboards and percussion will also be considered. Auditions will be conducted through August. For more information, call 531-9505.

### *Publication seeks war stories*

War Stories Journal, a new e-publication produced by S. Daniel Smith, requests stories from current and former members of the armed forces. The quarterly’s launch will mark the first journal that tells history from the first-person viewpoint of those who were there. First-person narratives and photos will depict wartime and peacetime activities. Fiction writing will also be showcased, according to the publisher. Writers can find submission guidelines on the quarterly’s Web site at <http://sdansmith.tripod.com>.

### *Rainbow Kids’ audition*

Fort Sam Houston’s Youth Services will hold open auditions for this performing arts group Aug. 6 at 4 p.m. at the School Age Services, Building 1705, located on Winans and Dodd Roads across from the chapel. The audition is for boys and girls ages 6 to 13 who like to sing, dance and perform comedy or special acts. For more information, call the Youth Center at 221-3502 or 221-4882, the SAS at 221-4466 or Ron Joy at 348-8014 or 295-2093 or via e-mail at [rj96707@yahoo.com](mailto:rj96707@yahoo.com).

### *Adopt-a-child back-to-school*

Daughters of Charity Services will sponsor their annual “Adopt-a-Child Back-to-School” program to help children with school clothes and supplies. Suggested sponsorship costs are \$100 per child which includes a pair of shoes, new pants, top, socks, underwear

and school supplies. For more information or to register, call at 921-0071. Registrations must be done by Monday, and items must be delivered by Aug. 5.

### *Poster contest*

The Fiesta 2006 poster contest is under way. The Fiesta Commission will accept entries through noon Aug. 5. The winner will receive \$5,000. For more information, visit [www.fiesta-sa.org](http://www.fiesta-sa.org).

### *Early On Bright Ideas Café*

KLRN will sponsor a series of free classes for parents, child care providers and children during the summer. Each session will provide families with hands-on learning activities, which prepare preschool children for success. For more information, call 270-9000, extension 2246.

### *Kraft youth essay contest*

Kraft Foods, under its “Salute to Military Families” program, will sponsor a youth essay awarding three \$1,000 U.S. Savings Bonds. To enter the contest, military children should write an essay, not to exceed 1,000 words, on “The Person I Admire.” The essay should be postmarked before Monday and mailed to San Antonio Missions Baseball Club, Post Cereal Youth Essay Contest, 5757 Highway 90 West, San Antonio, TX, 78277. For more information, call 221-2307.

### *Bat boy (girl) opportunity*

Kraft Foods will honor military children with its bat boy program. The honorary bat boys (or girls) will receive a Missions cap and special T-shirt, tickets for the family to attend the game, and participate on the field for the opening ceremonies at home games Friday, Saturday or Sunday. To register for bat boy (girl), send a postcard to the San Antonio Missions Baseball Club at Kraft Singles Honorary Bat boy, 5757 Highway 90 West, San Antonio, TX, 78277. For more information, call 221-2307.

### *Free SeaWorld admissions*

Anheuser-Busch adventure parks will salute the men and women of the armed forces and their families throughout 2005 under its “Here’s to the Heroes” special. Military members and as many as three direct dependents may enter any one of Anheuser-Busch’s SeaWorld, Busch Gardens or Sesame Place parks with a single-day complimentary admission. Eligible members can either register online at [www.herosalute.com](http://www.herosalute.com) or in the entrance plaza of participating parks, and must show a Department of Defense photo ID. For more information, visit [www.herosalute.com](http://www.herosalute.com).

### *Medina Apple Festival Walk*

The Guadalupe Gallivanter Volksmarch Club will sponsor a 10-kilometer (6.2 miles) and a 5-kilometer walk in Medina, Texas, Saturday. The start point is at the Medina School on Bobcat Lane, and start time is between 6:30 and 10 a.m., to finish by 1 p.m. Walkers will follow a trail through the “Orchard Park of Medina” and town. Paid walkers will receive a free ticket to the Medina Apple Festival after completing the walk, where they can enjoy apple products, drinks, music, arts and crafts, and petting zoo. For more information, call John Bohnert at (830) 995-2421, e-mail [tina.bohnert@comfort.txed.net](mailto:tina.bohnert@comfort.txed.net) or view the Apple Festival Web site at [www.medinatexas.com](http://www.medinatexas.com).

## Professional Development

### *DMRTI courses*

The Defense Medical Readiness Training Institute will host the Joint Operations Medical Managers from Sunday to Aug. 5 at the St. Anthony Hotel. The institute will also host the Military Medical Humanitarian Assistance

Course Aug. 6 and 7 at the same location. For eligibility and more information, call Charles Moed at 221-9143 or Staff Sgt. Brady at 221-9218 or visit the Web site at <http://dmrti.us>.

### *Emergency war surgery course*

The Defense Medical Readiness Training Institute will conduct this war surgery course, formerly known as the trauma refresher course for surgeons, from Aug. 8 to 10 at Wilford Hall Medical Center, Lackland Air Force Base. For more information, call Maj. Alan Murdock at 292-5129 or e-mail [Alan.Murdock@lackland.af.mil](mailto:Alan.Murdock@lackland.af.mil) or Senior Airman Tiffaney Hill at 292-4925 or e-mail [Tiffaney.hill@lackland.af.mil](mailto:Tiffaney.hill@lackland.af.mil).

### *‘Portable’ business workshop*

To help spouses launch and develop their own virtual assistant business, the Fort Sam Houston Army Community Service will sponsor a workshop Aug. 9 through 11 at ACS, Building 2797, to introduce the Portable Career and Virtual Assistant Training Program. Workshop participation is limited to 12 participants who will be selected based on the information they provide in their training application. The application deadline is Aug. 5. Active-duty Army military spouses who would like to participate in this free training program should complete and submit the online application at [http://www.msvas.com/application\\_samhouston.htm](http://www.msvas.com/application_samhouston.htm). For more information, call Gabriele Diaz, ACS, at 221-0516.

### *St. Mary’s representative on post*

St. Mary’s University has a representative available on post Mondays to Thursdays from 8:30 a.m. to 4 p.m. and Fridays from 8:30 a.m. to 12:30 p.m. For more information, call Judy Olivier at 226-3360, or visit the St. Mary’s office in Building 2248, Room 206.

## Volunteer

### *SAMM volunteer opportunity*

San Antonio Metropolitan Ministry, a non-profit organization that runs the largest homeless shelter and transitional housing program in San Antonio, seeks volunteers for its various charity missions. For more information on upcoming projects, call Betty Schwartz at 340-0302, extension 224.

### *WHMC periodontics seeks patients*

The Wilford Hall Medical Center Department of Periodontics at Lackland Air Force Base seeks patients with specific needs for treatment in the periodontics residency program. Applicants must be a military retiree, family member of a retiree or family member of an active duty member and have been recently determined by a dentist to have an existing periodontal condition. Eligible patients must have a written consult from their referring dentist and can either bring it to MacKown Dental Clinic or fax it to 292-5193. For more information, call 292-7273.

### *Pediatric dental patients needed*

The Lackland Pediatric Dental Service seeks pediatric patients for its dental training programs. Dental screenings will be provided for all eligible military medical beneficiaries between ages 7 and 13 from 8 to 11 a.m. Wednesday at the Skylark Community Center, Building 6576, in the Longhorn Room on the first floor at Lackland Air Force Base. No appointments are necessary. Children will receive a dental screening exam, appropriate treatment and follow-up recommendations or alternatives. If available, parents should bring a copy of their child’s treatment plan (or referral letter) from their private dentist. For more information, call Staff Sgt. Shannon Lilley at 292-4072.

### *Exchange student sponsorship*

Host parents, with or without children, are

needed to sponsor international exchange students for the 2005-2006 academic year. The students (ages 15 to 18) will arrive in early August. The parents will need to provide a bed, meals, friendship and share the American way of life. The students speak English, have medical insurance and their own spending money. For more information, call Yvette Coffman at SHARE Southwest Regional Office at (800) 941-3738 or visit the Web site at [www.sharesouthwest.org](http://www.sharesouthwest.org).

### *Volunteer ombudsmen needed*

The Alamo Area Council of Governments’ Alamo and Bexar area agencies on aging are looking for caring individuals to become certified volunteer ombudsmen. Ombudsmen are advocates for elders’ rights. The ombudsmen programs are composed primarily of volunteers. AACOG staff administers a specialized training program, certified by the Texas Department of Aging and Disability Services, to teach volunteers how to advocate for the elderly in long-term care. For more information, call 362-5226 for Bexar County or 362-5223 for the Alamo Region or visit [www.aacog.com/aging](http://www.aacog.com/aging).

### *UFE procedure available*

The department of interventional radiology at Wilford Hall Medical Center is accepting patients for nonsurgical treatment of symptomatic uterine fibroids. Uterine artery embolization is a minimally invasive, safe and effective procedure that can be performed for most patients with symptomatic uterine fibroids. People who desire an evaluation should call 292-5262 and ask for Maj. George Leon, Lt. Col. David Condie or Lt. Col. Thomas Seay.

### *BAMC needs volunteers*

Brooke Army Medical Center seeks volunteer drivers for its caremobiles, which transport patients from the BAMC parking lot to the clinic entrance. For more information, call Jessica Veilluex at 916-3862.

## Meetings

### *549th MI reunion*

The 549th Military Intelligence Battalion will have a reunion Aug. 6 at VFW Post 4443 in Austin, Texas. For more information, call John Stegall at (512) 263-5493 or Jim Valentine at 221-5533.

### *Association seeks members*

The Alamo Silver Wings Airborne Association, VFW 9186, seeks members for its organization. Join the spirit and tradition of airborne. Meetings are every third Thursday. For more information, call Joe Turella at 657-0028.

### *SMA seeks new members*

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month at 6 p.m. in the Sam Houston Club. Command Sgt. Maj. Timothy W. Burke, president of the association, invites active duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to the meetings. For more information, call Sgt. Maj. Danielle Lewis at 916-4114 or Sgt. Maj. Kyong In Nichols at 221-1266.

### *BOSS seeks single Soldiers*

The Better Opportunities for Single Soldiers meets the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee’s recommendations to improve single Soldiers’ Morale, Welfare and Recreation programs. For more information, call Staff Sgt. Edward Castro at 221-8760.



# FORT FREEBIES



*Freebies are published on a first-come, first-served basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to [news.leader@samhouston.army.mil](mailto:news.leader@samhouston.army.mil) or fax to 221-1198. Ensure your military and Fort Sam Houston civil service status, phone number and name appear on request. Freebies run for one week unless submitter calls to renew. There is a two-week maximum and a limit of five items per entry. For more information, call 221-1031.*

**For Sale:** Southwestern style sleeper sofa and loveseat, \$250, black entertainment center with glass doors, \$30; two glass end tables, \$15; girl’s bike, \$5; pictures available by e-mail. Call 271-3661.

**For Sale:** Infant travel system, includes car seat, carriage and base, \$60; six-speed musical swing, \$40; three-level mobile walker, \$25; Pack & Play, \$40; Diaper Genie with cover, \$12; buy all for \$150; all items are in Winnie the Pooh Hunny Days theme and in excellent to new condition. Call 222-1656.

**For Sale:** 2000 GMC Jimmy, 1/2 ton, V6, tailgate, four-door SLE, four-wheel drive, 59K miles, \$10,999. Call 495-8488 or 685-7888.

**For Sale:** Lawnmower made by John Deere, \$500; baby crib, \$50; baby walker,

\$10; high chair, \$20, Call 393-2864.

**For Sale:** BDU uniforms, \$20 per set; large Army sweatshirt with zipper, \$10; nail dryers, \$10 each; assorted nail files, nail brushes and nail buffers, 50 cents each; revolutionary skin products, \$5 each can. Call 566-5783.

**For Sale:** Computer desk, ample storage, \$85. Call 496-9304.

**For Sale:** Dorm-size refrigerator, \$50; Four Seasons replacement automatic a/c compressor, never used, model 5910781, \$45. Call 223-2197.

**For Sale:** 1985 Honda Nighthawk motorcycle, 650cc, includes windshield and trunk, \$1,500. Call 682-4722.

**For Sale:** Wicker set, small round glass-top table, two barrel back chairs, \$50; slat

bench, \$20; hand-made queen-size bedspread, \$25; new TV table, corner style, \$100; two large German-made bolsters for daybed, \$25 each. Call 656-7840.

**For Sale:** 1999 GMC Sonoma extended cab, 90k miles, five-speed, V6, tilt cruise, 16-inch alloys, \$5,630 or \$169 a month to take over payments. Call Scott at 687-5708.

**For Sale:** Fisher Price Power Wheels Jeep Enforcer, Jr., \$75. Call 568-3883 or e-mail [anarmyfamily@gmail.com](mailto:anarmyfamily@gmail.com).

**For Sale:** 14-carat gold adorable grizzly bear charm on 14-carat gold, 20-inch necklace, includes black, velvet jewelry case, \$50. Call 656-9341.

**For Sale:** Mini chopper 49cc gas scooter, never used, no instructions, \$300 obo. Call 685-8533.

**For Sale:** 1994 Ford Mustang GT convertible with Black Widow II bodykit, teal blue, 107K miles, \$7,500 obo. Call 369-9305 or visit <http://www.cardomain.com/ride/2060991/1>.

**For Sale:** White iron bunk bed, twin size on top, futon on bottom, twin mattress included but missing futon mattress, \$75; white bird cage, like new, 17.5 by 13 by 29 inches, \$10. Call 271-3143.

**For sale or trade:** 1991 Fleetwood Flair Class A motor home, or a 2001 Ford Windstar under warranty for a late model Honda Civic of equal value. Call 673-9649.

**Free:** Four-month-old shepard and chow puppy, friendly with other dogs and cats, good for a home with yard. Call Sgt. Clark at 274-6159.